



THE BHARAT SCOUTS AND GUIDES

Creating - Better India



TOWARDS GOLDEN ARROW BULBUL



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THE BHARAT SCOUTS AND GUIDES NATIONAL HEADQUARTERS

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TOWARDS GOLDEN ARROW BULBUL

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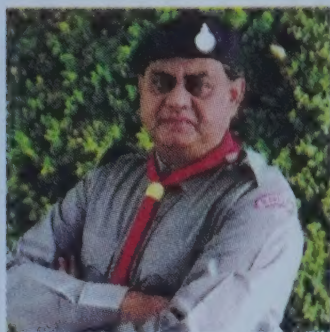
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FOREWORD



Every citizen of India should be able to think clearly, take quick and proper decisions, be alert and develop an attitude to be of help of others. Under proper training and guidance right from childhood, these qualities can be nurtured in child to make them mature and responsible citizens in life. Scouting and Guiding – which is an international movement, intends to inculcate in the young boys and girls a spirit of loyalty, patriotism and thoughtfulness for others. Therefore, it was the demand of the Bulbuls since long to have a book on Pravesh to Golden Arrow and so the book is ready with its content.

The book is all about Bulbuls. Scouting/Guiding is a game of outing and Bulbuls live in the world of make believe. They engage themselves in playing, acting and learning to make and innovate new and interesting things which are helpful in boosting their potential for the skill development. Thus, the movement focuses on providing training to young children in developing their skills and morale and this book serves the required purpose.

I hope that this book will help them to lead towards Golden Arrow.

Dr. K. K. Khandelwal, IAS (Retd.)

Chief National Commissioner

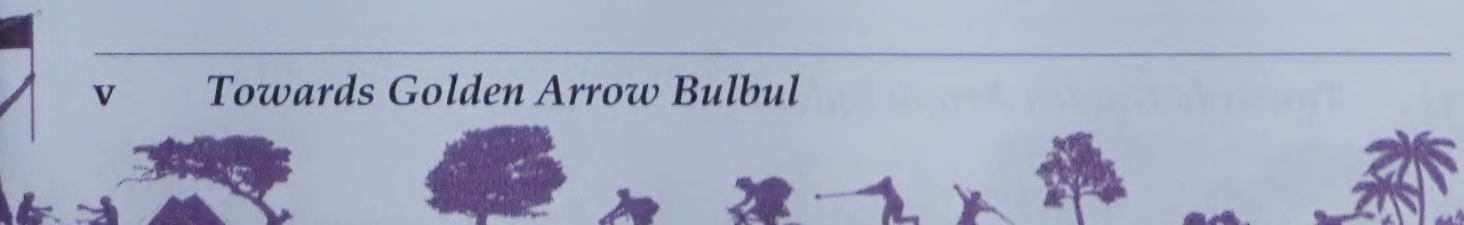


DIFFERENT LEVELS OF ADVANCEMENT OF A BULBUL



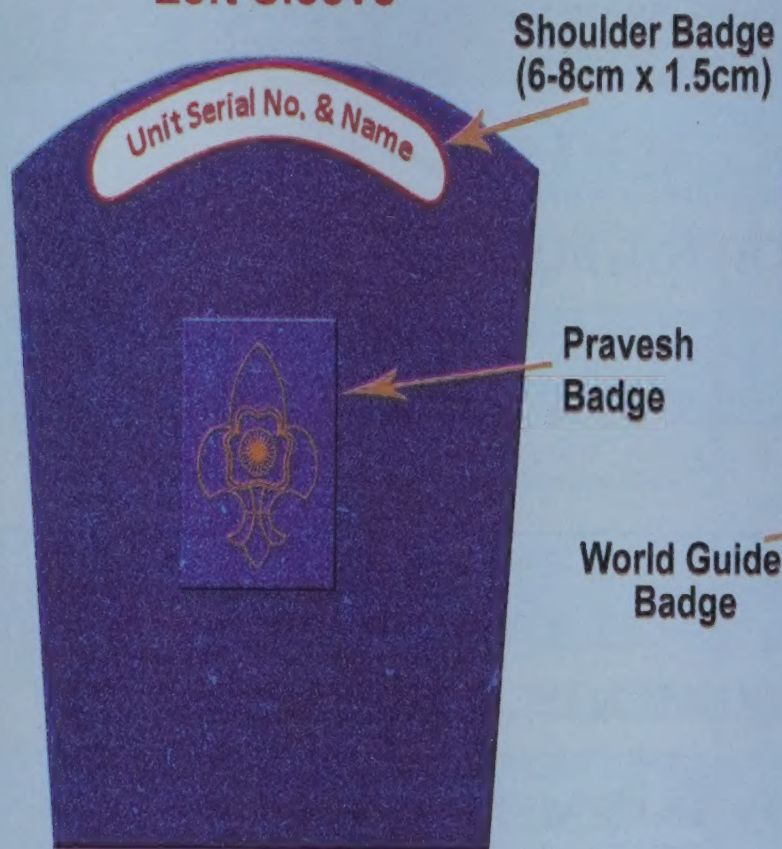
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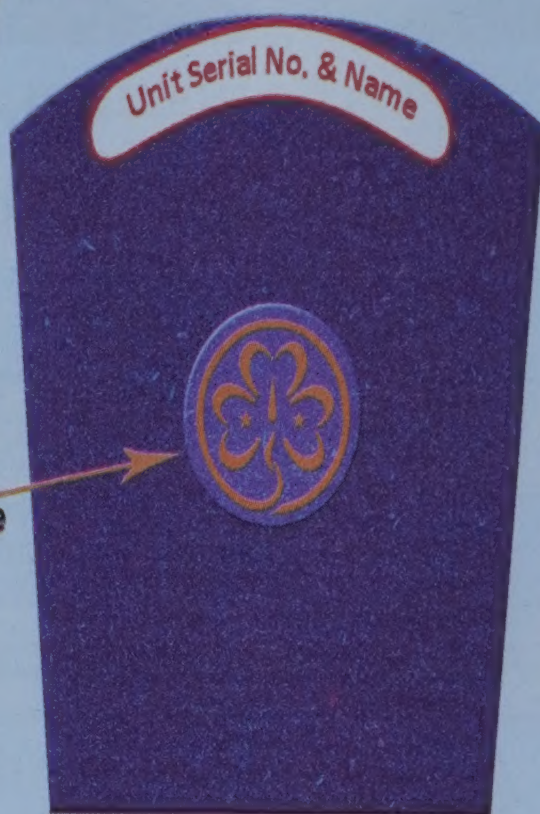


Bulbul Uniform (Sleeves & Pockets) Badges Information

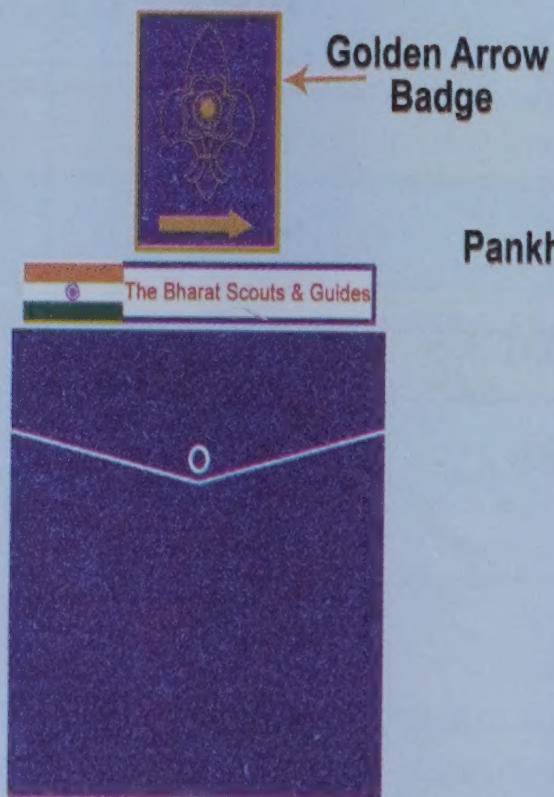
Left Sleeve



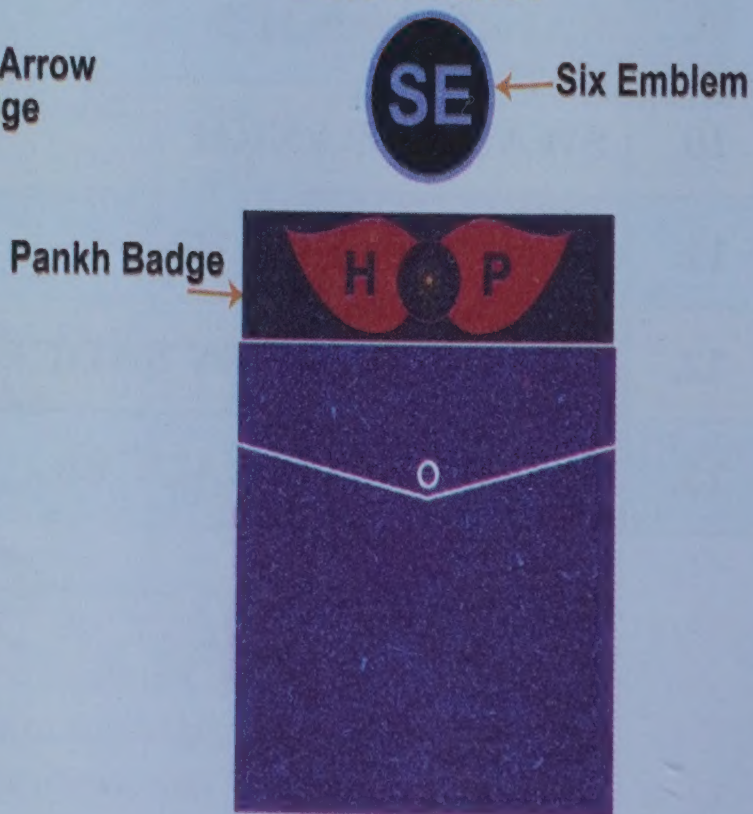
Right Sleeve



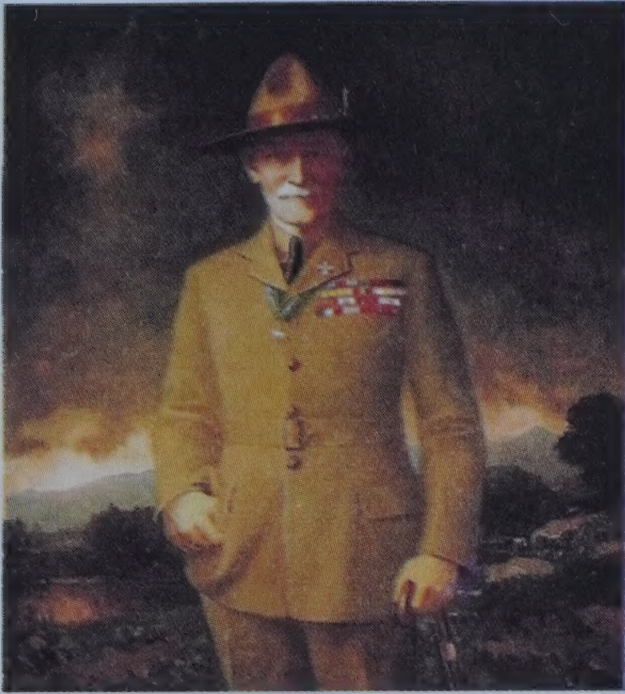
Right Pocket



Left Pocket



Brief History:



1. Founder of the movement: Lord Robert Stephenson Symth Baden Powell of Gillwell.
2. He was shortly called as B.P. or Baden Powell.
3. B.P. was born on 22.02.1857 at London in England. His Birthday is celebrated as "THINKING DAY".
4. In 1909 the Scouting was started in India.
5. In 1910 Girl Guiding has began.
6. B.P. got married to Miss "Olive St. Claire Joames" on 30th October 1912.
7. In 1916 Ms Olive St. Claire Joames became the Chief Commissioner for guides.
8. In 1914 girls under 6 to 10 years who took part in guiding were called as "Rose Buds"
9. In 1915 B.P. suggested the name as "Brownie".
10. In 1918 the "Brownies" was introduced in India in the name of Bulbuls.
11. In 1919, Lady B.P. formed the International Council to establish contact between other countries.
12. In 1920 first International Conference for Guides was held at Oxford.
13. At the age of 83 B.P died on 08.01.1941 at Nyeri, Kenya .

Growth of Brownie/Bulbul

In 1913 the new Youth Movement called the Girl Guides had been growing bigger and bigger. The senior girls were having a wonderful time. The younger ones wanted to watch and join them in their activities and prove themselves as brave and helpful as their elder sisters, besides it was sometimes impossible for the big sisters of the family to 'come to Guides' unless they brought the smaller ones with them. So in every Guide Company, a group of smaller girls whose ages varied from four to ten and whose ambition was to become guides were found.

They watched and copied the elder girls until meetings were made for them. As time went on, it became impossible to ignore them. They were always there undaunted, persistent, pleading to be allowed to join and at last the grown up's felt that something would have to be done to satisfy them. So the junior branch came into existence to save the guides from the weekly embarrassment of having their younger sister trailing them to the Guide meetings.



In 1914 plans were suggested to meet the needs of the children who were too young to be Guides, and various people were collecting children into groups for training and games. One of the first things to do was to find a name for them. Some poetical minded person suggested the name 'ROSE BUDS'. So this became their First official name. The idea was that, they should grow up into full-blown Roses, but unfortunately they did not want to be either Roses or Rosebuds, though they are pretty, because Rosebuds did not do things. But they cheerfully accepted the promise and the tests which were thought out for them.

They wore dark blue shirts with knitted jerseys and knitted caps or tarns, sometimes they had a white haversack slung over one shoulder just to look like the guides at that time and sometimes they wore sailor hats. They were allowed to wear pale blue ribbons.

A Rosebud saluted with two fingers because she only made two promises. "On my honour I promise that I will do my best:



1. To do my duty to God and the King.
2. To do a good turn for some body every day.

Guide patrol Leaders organised Rosebuds because, "Captains can not do all the work by themselves" Rosebuds were asked the following question, "Dubesora uoyera to which every Rosebud who knew anything, would answer proudly "Dubamal" If you do not understand, work it out by starting at the wrong end and working backwards.

Rosebuds learned which flags make up the Union Jack and how to fly it, they practised different kinds of knots, besides learning which one to use for what purpose. When the 1st World War broke out, Rosebuds helped by crocheting mittens or scarves for the soldiers, rolling bandages ' and collecting magazines. They had their own special badge which Agnes Baden Powel, the Founder's sister designed for them. By January 1915 the Gazette asked its readers if any of them could suggest a better name than Rosebuds, but it had to be "attractive and at the same time dignified". Rosebuds.

Many names were suggested like BEES, SKYLARK, BANTANS, BUDS, etc. But none of them suited the energetic young girls. It was the Founder with his usual talent, suggested "BROWNIES" The Brownie was the indigenous fairy of English folklore. The friendly, busy little folk who creep into houses before anyone was awake and secretly did all the jobs that needed doing without ever being asked. This conception seemed to suit the busy, active, hard working Rosebuds. When B.P. suggested the name 'Brownie", Rose buds at once accepted the name Brownies and Brownies they have remained to this day. A good name for people who wanted to be friends and have fun being ready to help in all kinds of ways.

From few Brownies, their number grew and grew, from hundreds to thousands. But not all of them are called Brownies, for example, Greek Brownies are named after birds, they are called POUL which means little bird. The Brownies of Swaziland are called BLUEJAY, the Bluejay is a Ro; bird, it is one of the emblem used on the kings crown and also in the National Flag.

In Switzerland Brownies are called PETITIES little wings of bees. The Italian Brownies called COCCINALIE, Lady birds, Pakistan Brownies are called Blue Birds. In India the Brownie are

called Bulbuls. The Bulbuls are cheerful small birds who like to keep together in Flocks and it is one of the common friendly and attractive little bird found all over India.

Bulbuls are little sisters who do good to other people. Their aim is to help others and make them happy. So Brownies have friends all over the world and no matter what they are called and what colour uniforms they wear, they are alike because all have made a promise to do their best and to help other people. In December 1915, a constitution for Brownies appeared in Gazette. 1 to 8 Brownies were to form a patrol which he called after the name of some British Tree. Two or more groups formed a company. The leader of the company were called as company Leader.

The colour of the uniform was to be brown, but blue was also allowed. The Badge metal acron bearing the letter B. A second class Brownie added leaves to her badge and a First class Brownie had the motto as well. The inclusion of Juliana Horatia Ewing's story of Tommy and Betty and the Wise Brown Owl in which the idea of Brownies was built up.

By the end of 1915 Brownies existed in name only. The name of the Company Leader gradually changed it to Brown Owl. Brownies became miniature guides. There were thirty forty Brownies in one pack. Sometimes the number even went up to 90 members. In 1918 warrant standard for the Brown Owl was agreed and the commissioners were requested to continue the pack to the guide companies.

In 1920 Mrs. Bruce became the first head of the Brownies for few months only. The year Miss. Rachel Heath was appointed. She contributed a lot to pull the Brownie Scheme together The first conference for Brown Owl was held at Cambridge in April 1921. This conference on the methods of training to the Brownies.

At the 13th World Conference at Oxford, England in 1950, International Brownie units requested for World Brownie Badge. Only during the 15th World Conference the request was



approved. This badge may be worn by those who made her Brownie Promise.

In 1918 the Brownie branch was brought to India our land. But it was only for European Children. After much discussion it was thrown open to all our Children. Little girls wanted Guiding and Guiding our Founder gave them.

Bulbul Tree (Magic Tree)



The Bulbul Tree is a part and parcel of the Bulbul Flock. It is generally known as the Magic Tree. The height of the Bulbul Tree should be 3 to 4 feet with 8 to 12 small branches, so that it will be easy for the Bulbuls to touch and feel the tree with their left hand while taking the promise. This specification was adopted in the first Cub Bulbul Utsav held in Nizamuddin Training Centre, Bharat Scouts & Guides New Delhi in the year 1976.

The Bulbul Tree may be decorated by the Bulbuls with birds, nests, eggs, leaves. (Only with the natural materials) It should not be decorated with pictures, crafts etc., like the Christmas tree.

Welcome

Welcome friends, welcome to you. We want to shows you what Bulbuls do. There are games to play and secrets to share. For Bulbuls have fun everywhere

BulBul Ring



Bulbuls form a Bulbul ring by holding hands around the Bulbul tree (Magic tree). By holding hands they feel comfortable and find it easier to take part in something new and strange. Activity in the Bulbul ring forms a large part of the meeting. There is the opening ceremony, attendance, inspection in which the Flock Leader plans to see whether everyone is looking clean and tidy. Then there are games to be played which help them to learn the test work, songs to be sung, lots of other ceremonies like welcoming the visitors, presenting badges, the enrolment and the closing ceremony.

Let us find out the main features of the Bulbul ring.

Features of the Bulbul Ring

- Self Discipline
- Informal Education
- Character Training
- Leadership

The Bulbul ring itself is a ceremony. She will be in a land of imagination when they are standing in a ring and when they sit side by side, speaking one at time and making exciting plans for the future. Self is forgotten once she is a part of the Bulbul Ring. When she is moving with the Bulbuls she cannot be self centered. She should wait for her turn and learn humility.

Thus we can see that the Bulbul Ring is the central part of the flock meeting.

BULBUL RING SONG

ENGLISH VERSION:

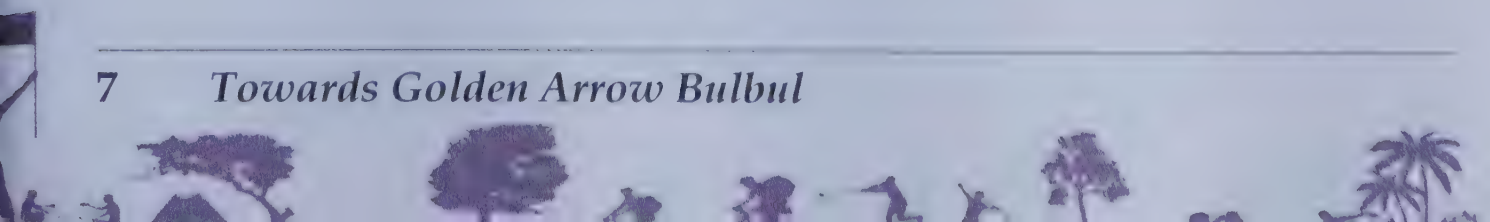
We are the Bulbuls, here's our Aim
Do your best, and play the game

HINDI VERSION

Ham hain chhote Bulbul,
Ham men hota kitna mail,
Koshish karna hamara kaam
Aao ham khelen sachhe

THE SONG OF THE SIX

- If you are feeling dull and sad,
let the Bulbuls make you glad
- Like the Doves so soft and keen,
Do your best and never mind
- We are King - fisher, keen of eye,
No little thing can pass us by
- Mynas are not mean or vain
Jolly, even in the rain
- We are the parrots, very spry,
No one knows how hard we try
- We are the pigeons, Coo-coo-coo
Can we lend a hand to you
- Sparrows make an awful chatter,
But we know the things that matter.
- We're the Woodpeckers, and we are workers,
No use looking here for shirkers.
- Here come Barbets, very gay
Love our work and love our play
- We 're Orioles, very shy,
Can we sing a song to you.
- We are the Peacocks National bird
We are dancing always well.



Hindi Version:

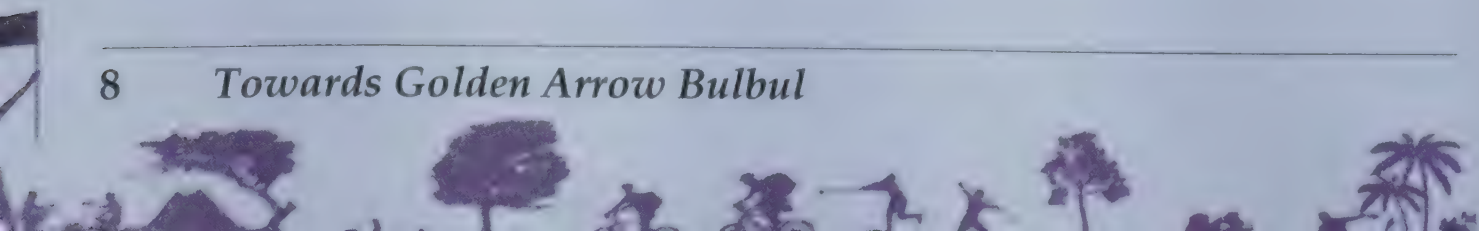
Ham chalte phirte Tote hain,
Jo kahte hain so karte hain.
Ham geet khushi se gaate hain,
Dukh men bhi khush rehte hai,

Ham maina hai khush rehte hai,
Aur koi ghamand nahin hamko,
Ham barkha men bhi haste hai,
Aur pas nahin rakhte gam ko.

1. BULBUL:

A Girl who is a citizen of India and who has completed five years but not ten years of age, is eligible to become a Bulbul provided she subscribes to the Bulbul Promise and Bulbul Law and become a member of a Bulbul Flock

6. (i) A Bulbul Flock shall be divided into Sixes. Each Six may consist of 4 to 6 Bultuls inclusive of the Sixer and the Second.
- (ii) Each Six shall bear the name of a bird chosen in consultation with the Pow Wow and every member of the Six shall wear the Six Emblem above the left pocket on the uniform.
- (iii) Senior Sixer: A Senior sixer is one of the Sixers appointed by the Flock Leader; She shall wear the uniform and badge as for Bulbul and in addition she shall wear 3 blue strip armlet each 1.5 cm wide stitched over the cuff of the left sleeve each 1 cm apart; the senior Sixer shall assist the Flock Leader and the Assistant Flock Leader as directed.
- (iv) Sixer : A Sixer is a Bulbul appointed as a Sixer by the Flock Leader to lead a Six of Bulbul; the Sixer shall wear uniform as for Bulbul. In addition, she shall wear 2 blue strip armlet each 1.5cm wide stitched over the cuff of the left sleeve each 1 cm apart.



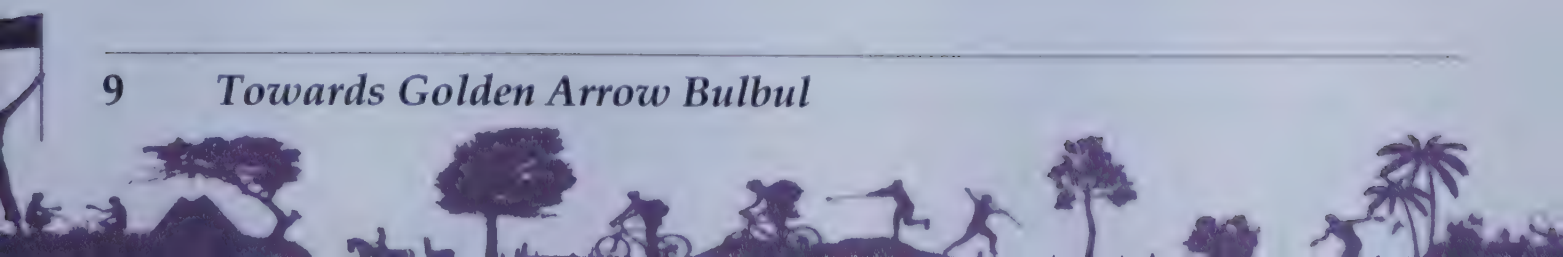
- (v) Second: The Second is a Bulbul appointed by the Flock Leader in consultation with the Sixer concerned; the Second shall assist the Sixer and take her place in her absence. She shall wear one blue strip armlet 1.5 cm wide stitched over the cuff of the left sleeve one cm above the lower edge.

7. Pow Wow

Pow Wow is a Flock Council. It shall consist of the Flock leader, Assistant Flock leader and the Bultuls of the Flock. It shall look after the affairs of the Bulbul Flock.

8. The Bulbul

- (i) A girl who is citizen of India and has completed five years of age but not ten years of age is eligible to be registered as a Aspirant.



(ii) Pravesh Requirements:

(a) Be able to tell the story of Tara.

Once upon a time there was a pretty little girl named Tara. Her parents were very kind to her but Tara was unhappy. Everyone who knew her felt sorry for her as her father earned very little which was not enough to run their family.

One day while returning home from school she found her mother very busy cooking food, and her baby brother crying. The house seemed untidy. She ran out and said to herself, "If I show myself, mother will ask me to sweep the floor, polish the brass pots, comfort the baby and do all sorts of work. Why should I do house hold chores and comfort crying babies?"

So off she went to a little mango grove not far away and there she sat in the cool shade of a tree. Presently a



Her mother was very very busy
She only peeped in.

bulbul came and perched in the tree over her head. She cried, "Little girl! What are you doing here, all alone under a tree?". "I am thinking", said Tara. "I am a very unfortunate girl with a poor father who cannot afford me silk dresses, hair ornaments, necklaces etc. My mother always wants me to sweep the floor, clean the pots or to comfort babies! Can I never be rich? I have a picture of a queen in my book. She has a beautiful crown of jewels and a necklace of pearls. No doubt she has nothing to do and is happy throughout the day.



Presently, a Bulbul came and perched
in the tree over her head...

"Poor little Tara", said the bulbul, "It is sad that you can't be happy. Come! I'll take you out to the world and show you some of

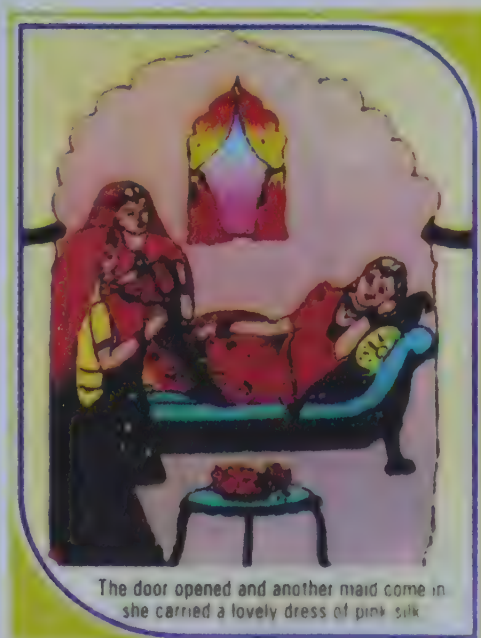
the richest and happiest people I know. Just pick a few berries for me to eat. The bird flew down as Tara did so. The Bulbul picked out a few from her hand and swallowed them. Then the Bulbul grew and grew until it was the size of a Garuda! But it was still lovely and colourful as before.



“Climb on to my back, nestle down among my warm feathers and we will fly far to see some people in the world”, said the bulbul. “Hold fast” cried the bulbul as Tara clung to her. At first Tara was frightened but soon she got used to it. She looked down with great interest as they flew over forests, plains, silvery rivers. Men and bullocks looked like tiny specks. Tara was excited. As they were flying across villages Tara fell asleep.

When she woke up the Bulbul said, “Put your hand under my right wing where you will find some white powder. Rub a little of it on my head and your forehead.” “What is that for?” asked Tara filled with curiosity. “It will make us invisible” said the bulbul.

Tara did so and a miracle happened, They both became invisible. “Are we really invisible?” asked Tara. “Yes”, said the bulbul “nobody can see us or even hear us! Come let’s go into the palace”. Tara was rather scared as they entered the palace but soon understood that no one could see them. She was no longer scared.



As they entered a gorgeous room Tara saw a beautiful little princess sitting and looking sad. She was dressed in silk, had pearls round her neck and wore a large nose ring. Tara admired her.

"Oh dear! Oh dear! How dull it is to be a princess!" cried the princes. "Why can't I be a poor girl and go to school with other children, do some house hold work or go to the bazaar? I don't want pearls and silks I want something to do." "She doesn't seem to be happy! Does she?" said the bulbul to Tara. "Come and I will show you someone else" said the bulbul as they slipped out of the palace and reached another city of glory.

They were soon in another palace. Tara found a little girl sitting on her mother's lap. "Tell me darling! Did you lead a happy day today?" asked mother. "Oh! Yes" said the child, "I read a new lesson about other countries and gave the rupee that you had given me to a poor little girl who had nothing to eat. Later I went to a hospital where people were sad and sick and gave them some oranges and bread and felt glad on seeing them happy".



"Then after returning home I learnt making chapattis but they weren't good but soon I will learn to make good ones, as you say it is a shame not to know how to cook!" said the little princess sighed with relief. "How was your day Mother Queen?" asked the little princess as she put her arms round the queen's neck and kissed her with love." "You look rather tired!" said the little one. "Well, Yes I have been very very busy today. I am afraid I'll be late for dinner. We have guests tonight Oh Dear! I'll be very tired before I go to bed" said the queen as she left the room.

Just then the bulbul touched Tara, "Come we have to leave if we are going to visit another place tonight" Tara put her arm around the bird and sighed "I never knew it was such hard work being a queen. I didn't think queens ever got tired".

The bird chuckled, "You are learning new things. Now I am going to show you a different queen." She stepped before a small house. It was warm and comfortable as they entered, but evidently looking poor. A woman lay on a cot with a baby beside her and a girl of about Tara's age was working busily. The pots shone like gold and the steam of food could be felt.

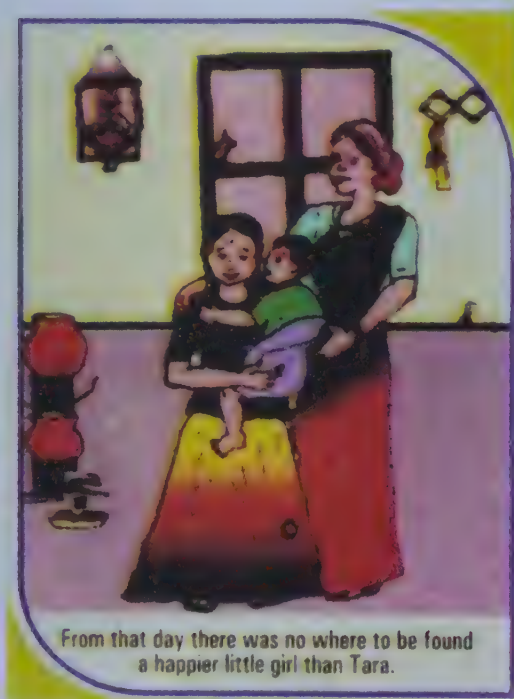
"Rani! Rani! Where are you?" called a voice from outside. The girl jumped up and run "I am here father. All is well. Mother is

sleeping and so is the baby. I have been so busy. I swept the house, washed the baby's clothes and cooked some porridge for mom. I have food for you too!" her father kissed her and asked, "You have not sat or played". "No dad, not a moment" said the girl proudly "I feel happy in doing work while mother takes care of the baby".

Tara turned to the bird and said, "Take me home quickly I want to help mother like this, I will sweep and cook" "Climb on to my back." Tara reached home and her mother asked



her, "Where have you been my child?" "I went in search of happiness mother, but then, now I have understood that it can be found at home". She did all the house hold work, took care of the baby and told mother about her adventures. "Mother now I have understood that true happiness does not come by possessing gold jewels and silk, but by trying to make other people happy".



From that day there was no other girl as happy as Tara. She was always ready to help anyone and her mother found her very useful. The bulbul sat on the tree and sang joyfully.

(b) Understand the meaning of Bulbul Promise, Bulbul Law, Bulbul Motto and Bulbul Greetings.

Promise

I Promise to do my best
To do my duty to God and my Country
To keep the Bulbul Law
And
To do a Good turn every day

A Bulbul must learn that God is everywhere. We show reverence to God through daily prayers and also through helping others, honouring and respecting our elders, and appreciating the creation of God, Develop love for our Motherland and become a good and useful citizen in future.

Bulbul Law

1. The Bulbul is obedient
2. The Bulbul is clean and polite.

A Bulbul obeys elders with respect and carries out the assignments with a smile and is not selfish.

A Bulbul will keep herself clean tidy so as to look smart. A Bulbul is polite to her parents, flock leaders, friends and elders.

Bulbul Motto

'Do Your Best'

The Bulbul tries makes as effort to do everything to the best of her ability in work or play.

Bulbul Greetings

This is the grand salute and is given on a special occasion to the distinguished visitors when they visit the flock.

(c) Demonstrate correctly the Bulbul Salute and left hand shake.

Salute

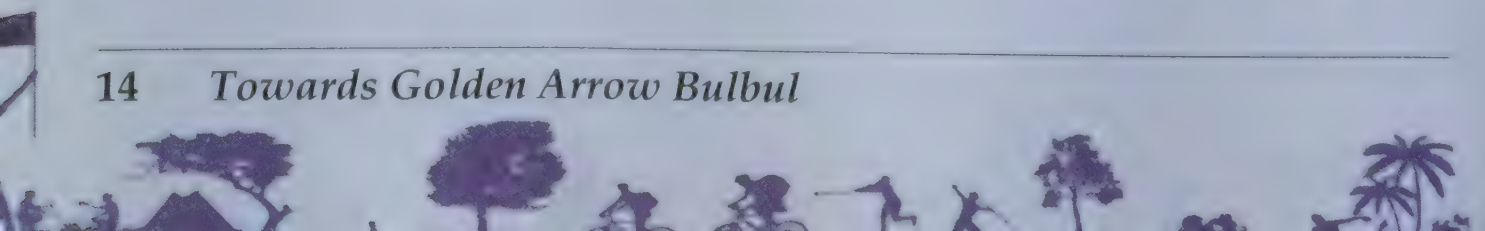
The Bulbul salute is given by raising the right arm smartly to the level of the shoulder, palm to the front, with the first two fingers stretched together, just touching the forehead and thumb closing on the last two fingers. After the salute the arm is smartly brought down.



Left Hand shake

"The Bravest of the braves"

Our founder conceived left hand



shake as a form of greeting for the members of the movement. The idea originated from an incident in his military career in South Africa.

It is a secret sign of the movement in the way the bulbul greets a person.

(d) Offer a daily prayer as told by the parents.

To have spiritual morality, a religious tradition daily prayer has to be offered. In Other words a prayer to God for all the beautiful things which HE has made.

Example :

Thank you for the world so sweet!
Thank you for the food we eat!
Thank you for the birds that Sing!
Thank you God for everything...

Hey Ishwar teri mahima ho
Iss samai Ke liye teri mahima ho
Iss Jeevan Keliye teri Mahima ho
Iss bhojan Keliye teri mahima ho!

(e) Do a daily good turn at home.

‘A Good turn’ is any help given to anybody who is in need without expecting any reward in return’

Story of A Good Turn:

A Good Turn traces back to 1909, when an American publisher William D. Boyce was lost in a London fog. A boy offered to take Boyce to the address he wanted and refused a tip, saying he was a Boy Scout. Boyce’s curiosity was aroused. He later asked the boy to take him to Scouting’s British founder; Lord Baden-Powell. From this chance meeting, the Boy Scouts of America was born. At Gillwell Park, England, Scouts from the United States erected a statue of an American Buffalo (Bronze Bison) in honour of this unknown scout.

Helping the parents, grand parents and other family members to lessen their burden and to learn the work.



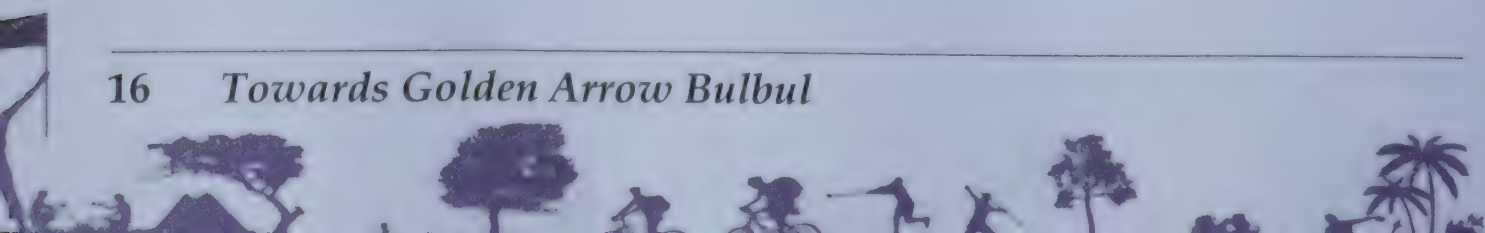
- i) Cleaning vessels at home.
- ii) laying the table.
- iii) Engaging the younger's at home when mother is busy.
- iv) Watering the plants.
- v) cheering up others when things go wrong.
- vi) looking after the pet.
- vii) She then makes the Bulbul Promise to the Flock Leader and is invested as a Bulbul.



When the girl has successfully completed the **Pravesh test** as an aspirant she is enrolled and admitted into her Six as a Bulbul and then she can go on and work for further progressive Pankh test.

For the Investiture ceremony the Bulbuls form the ring around the bulbul tree. The Flock leader will be standing by the side of the Bulbul tree. The Assistant Flock Leader will stand to the left of the Flock leader. The membership badge and the scarf will be kept on the Bulbul tree.

- (vii) A Bulbul is eligible to wear the Scarf and Membership Badge, after she is invested. The Membership Badge is a cloth badge with a blue background with Fleur-de-lis in yellow superimposed by the Trefoil with the Ashoka Chakra also in yellow in the centre. The Membership



badge is worn in the middle of the left sleeve. The Membership Badge will be presented by the Flock Leader.

(a) The Bulbul Promise is:

I promise to do my best
to do my duty to God and my country
to keep the Bulbul law and
to do a Good Turn every day.

(b) The law for the Bulbul is

- (i) *The Bulbul is obedient.*
- (ii) *The Bulbul is clean and polite.*

A Bulbul obeys elders with respect and carries out an assignment with a smile

A Bulbul will keep her body and belongings clean and tidy so as to look smart. Also shows courtesy in her actions and behaviour. She is polite to her Parents, Flock Leaders, Friends and Elders

- (c) The Motto for the Bulbul is **DO YOUR BEST.**
- (d) The Bulbul Salute is given by raising the right arm smartly to the level of the shoulder; palm to the front, with the first two fingers stretched together, the first just touching the forehead and thumb closing on the last two fingers. After the salute the arm is smartly brought down.

(e) The Bulbul Prayer should be adopted and practised.

Hum Hain Chhote Chhote bal
Hamari Lena Tu Sambhal,
Kadam Kadam par Karen Galatiyan
Sad Budhi Dena Bhula Galathiyan
Tum bin kaun Lega Sambal
Ham Hai Chhote Chhote Bal
Hamari Lena Tu Sambhal



9. Bulbul Uniform

(a) COMPULSORY

A Bulbul shall wear uniform as given below:

- (i) **An overall:** Deep sky blue overall made of plain non-transparent material with two top patch pockets and two side pockets from under side, half sleeves 8 cm above the elbow with turned up and stitched down cuffs 4 cm wide, and open sports collar with epaulettes on both shoulders. 'The overall shall not be tight-fitted:
- (ii) **Belt:** Brown nylon belt with the official Brass buckle of the Bharat Scouts & Guides supplied by the National Association.
- (iii) **Scarf:** A scarf of the group colour and pattern other than green, purple and yellow, as approved by the Local or District Association, shall be worn round the neck and over the collar and epaulettes, with the woggle. The shape of the scarf shall be triangular with a base, and two sides. Each of the two sides shall have a minimum length of 70 cm and a maximum of 80 cm.
- (iv) **Socks:** White colour.
- (v) **Footwear:** Black leather or black canvas closed shoes.
- (vi) **Hair Ribbon:** Blue plain ribbon or blue plain hair band (without any design)
- (vii) **Membership Badge:** A cloth badge with a blue background, with Fleur-de-lis in yellow superimposed by the Trefoil with Ashoka Chakra also in yellow in the centre shall be worn in the middle of the left sleeve.
- (viii) **Shoulder Badge:** A shoulder badge of 6 cm to 8 cm. length and 1.5 cm width with white background and serial number and the name of the group in red letters, shall be worn on both shoulders, just below the seam with a little curve.
- (ix) **Six Emblem:** Every Bulbul shall wear a six emblem. It shall be 4 cm. in diameter, embroidered on black background with light blue border. It shall be worn above the left pocket.
- (x) The Name Stripe containing "The Bharat Scouts and Guides" supplied by National Headquarters may be worn above the right pocket on the overall. The size of the stripe should be 11 cm. x 2 cm. the right corner of which would be tri-colour of



National Flag of the size of 3cm. x 2 cm. and rest for the Title "The Bharat Scouts and Guides"

- (xi) **Cardigan/Blazer:** When worn it shall be black without any design. Sleeveless according to the season allowed.
- (xii) **World Guide Badge:** World Guide Badge shall be worn in the middle of the right sleeve

Optional:

- (i) P. Cap can be worn when they go for outing.
- (ii) World Brownie Badge: May be worn on the seam of the left pocket of the uniform.
- (iii) Metal Badge: A metal badge of the Bharat Scouts & Guides may be worn when not in uniform.
- (iv) Jewellery: No jewellery shall be worn except those enjoined by religion or custom.

10. Scheme for Advancement of a Bulbul:

1. A girl can be registered as a Bulbul Aspirant on completion of five years of age and invested after working for at least **three months** and completing the requirements of the Pravesh test.
2. A Pravesh Bulbul will work at least for **three months** to qualify for Komal Pankh.
3. A Komal Pankh Bulbul will work for at least **three months** to qualify for Rajat Pankh.
4. A Rajat Pankh Bulbul will work for at least **nine months** to qualify for Suvarna Pankh.
5. A Suvarna Pankh Bulbul will work for at least **nine months** to qualify for Heerak Pankh.
6. A Heerak Pankh Bulbul having earned totally six Proficiency Badges. One badge each in Suvarna Pankh and Heerak Pankh, remaining four badges to be earned from the proficiency badge groups not earned earlier. She may be awarded a special badge called "Golden Arrow" before completing ten years of age.
7. From Rajat Pankh onwards and for all Proficiency Badges, Training Counsellors will arrange testing.

11. Tests for Komal Pankh

- (i) **Know how to keep personal effects (clothes, foot wear, etc.) neat and tidy and be able to sew button on garments.**

Personal Effects:-

A Bulbul must learn to keep her personal belongings like her clothes, footwear, books and bed, clean and tidy.

Clothes

- Know to fold the clothes*Frock-Skirt-blouse-bed sheets etc.
- Know to wash woollen clothes.
- When washing cotton clothes, first wash the dirty garment.
- Wash coloured clothes separately.
- Dried clothes to be folded and kept neatly.

Foot Wear:-

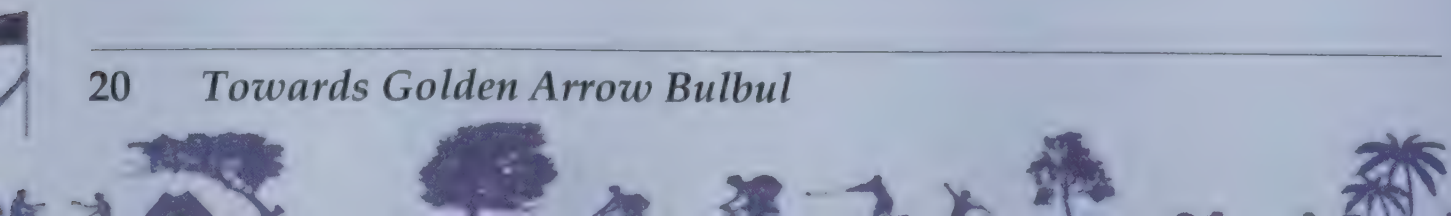
- A Bulbul must know to wear proper footwear.
- It should be correct size for the legs.
- Shoes to be polished with proper brush.
- Shoes to be cleaned and kept properly after use.

Sew Button on Garments

Decide the colour and size of the button where it has to go on the garment. Thread the needle with double cotton thread, put both ends together. Sew at least 3 times through each pair of hole then wind the thread several times between the button and material, before fastening it off on the wrong side. Always check after washing if buttons are properly fixed . If not, properly fixed mend them immediately.

- (ii) **Learn to pray before meals.**

God has given us many things. We have to thank Him and show gratitude by praying and doing our duty to God.



Grace

1. God has created a new day

Silver and Green and Gold

Live that the sunset may find us

Worthy His gift to hold

2. Parvadigara, Parvardigara, Parvardigara

Tera bharosa, tera sahara, parvardigara

Hamara ye khana tere liye ho

Hamara ye jeena tereliye ho // Parvardigara //

(iii) Do a good turn daily at home and at school

At home

- i) Cleaning vessels at home.
- ii) laying the table.
- iii) Engaging the younger brother or sister at home, when mother is busy.
- iv) Watering the plants.
- v) Cheering up others when things go wrong.
- vi) Looking after the pet.

At School:-

- i) Keep the class room and black board clean.
- ii) Keep the chair, table, desk and bench in orderly way.
- iii) Help the class mates and teachers when they are in need.
- (iv) Know knee bending and toe touching exercise

‘Only feed on whole some fare;
Through your nostrils breath fresh air;
Clean your inside and out;
Twist and bend and run about.’



(iv) Do knee bending and toe touching exercises regularly and maintain good health habit.

Knee Bending: let the Bulbul assume squat position, hands in front on the floor. They should touch legs back where their body is straight from shoulders to feet. Then they return to squat position and stand up.

Toe Touching: The Bulbul stands with feet apart. Both the hands are stretched up straight, then slowly the hands are brought down, keeping elbows and knees straight and letting the fingers touch the toes. Then they come to alert. Repeating this exercise many times, gives strength to muscles.

(v) Practise any two of the following physical activities
(a) Balance walk, (b) throw and catch a tennis
(or equivalent) ball from 3 meters, (c) hopping
(d) skipping.

- (a) **BalanceWalk:-** Balance 1kg weight on the head & walk for 10 meters
- (b) **Throw & Catch A Tennis Ball From 3 Meters: -** Two Bulbuls will stand facing each other with a distance of 3 meters. One will throw the ball and the other will catch it & vice versa or Bounce the ball on a wall / board at a distance of 3 meters & catch it.
- (c) **Hopping: -**All movements by the players, chaser and the chased are done by means of hopping on one leg. Legs however can be changed at will. When a player is not being chased, she is allowed to stand on both feet for rest.
- (d) **Skipping: -**Material - A short rope for individual, a long rope for group jumping. A skipping rope must be long enough (i.e it should touch the toes when the person stands up straight and stretches the arm out).
 - (i) Skip 10 times turning the rope.
 - (ii) Skip right round the playground.
 - (iii) Skip 10 times crossing the feet.



- (iv) Skip in time to any music.
- (v) Make up a fancy step
- (vi) Blind fold skipping.
- (vii) Skipping on one leg.
- (viii) Backwards skipping.
- (ix) Skip two at a time.



(vi) Make a collection of five different leaves and flowers. Paste and label them in a log book.

The flock leader should create interest and make the bulbul observant in nature and be familiar with leaves and flowers. They should be able to recognise the leaves and flowers and tell the name of each.



(vii) Be able to tell time by clock.

The Bulbul should be trained to be punctual and keep up time. "Time is precious". They should be able to tell the time calculating the hour and minutes. The working of long hand and shorthand, the 12 numbers, the lines between the numbers – what does each indicate. All these things should be practised. This can be done at home also. Let the Bulbuls make a clock out of a cardboard with hands that move. They can practice and test themselves.



- (viii) **Know whipping and tie the reef knot, clove hitch and learn their uses.**

Whipping

Is a means of protecting the ends of ropes from fraying, binding the strands so tightly with a thread preferably twine, so that they cannot untwist. Better run the thread through wax, soap or candle grease before use.



Reef Knot

Most common and useful knot for joining the ends of the same rope i.e. to secure a parcel, to tie rolls, bales, bundles etc., to tie the ends of a triangular bandage in first-aid. It is a flat knot, easily untied and does not slip.



CLOVE HITCH

This knot is used to tie a rope around a post. It is a firm knot, it requires an additional half hitch to make it more firm. This is used to put up a clothes line, to tie a bedroll. This knot is also used to tie over the toggle of the flag, as a sling to rest the hand.



Step 1



Step 2



Step 3

(ix) Demonstrate any three of the following:

- (a) Ride a bicycle.
- (b) Write address and affix stamps on an envelope for posting.
- (c) Tell what to do when the flags are flown and National Anthem is sung or played.
- (d) Find out the meaning of the Badge given at the time of Investiture.
- (e) Use of Basic Communication device (telephone or mobile phone.)
- (f) Climb up a tree or a rope

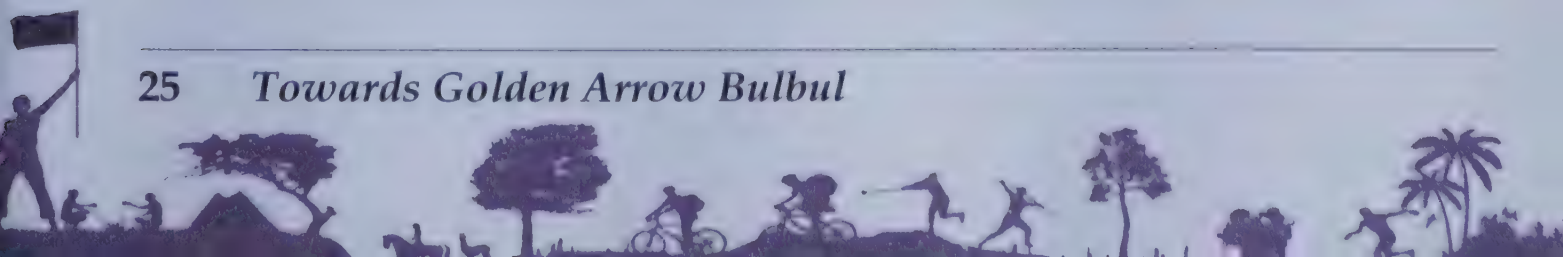
a) Ride a Bicycle

The Bulbul should be able to ride a bicycle, using the brakes correctly, atleast one Km. Use proper hand signals in the traffic junctions. Should keep the bicycle in good condition. Be sure that her bicycle has good brakes, Bell. Knowledge of signals that cyclist give and observe is also important.

b) Write address and affix stamps on an envelope for posting.

Write the address clearly and legibly, giving the name, door number of the house, street, locality, city, pin code on the envelope.

Stamps should be fixed on the right hand corner of the envelope and write your own name and



address on the left bottomcorner of the envelope, down the corner of the envelope. This will help you to get it back if the letter is not delivered.

(c) Tell what to do when the flags are flown and National Anthem is sung or played.

National Flag is our pride. It represents our country and should treat it with care and respect. When the flag is being hoisted, everybody must stand at attention and salute when the Flag is flown and when the National Anthem is sung or played every one should stand at attention as a mark of respect.

(d) Find out the meaning of the Badge given at the time of Investiture.

This is a membership badge. It symbolises her entry into a new life of adventure, fun and usefulness which will go on until the end of her life. The badge is a passport to unknown places. It signifies the bond of union among the members of the World Association of Girl Guides and Girl Scouts. It also shows that the person is committed to lead a decent and helpful life and is truthful and trustworthy.



(e) Use of Basic communication device (telephone or mobile phone)

The following tips may be helpful to each:

1. Be sure of the number you wish to call.
2. Keep a writing pad & pen to write down the message.
3. To dial the number, lift the receiver and listen for the dial tone.
4. Press the digit smoothly to make a call. While answering calls, reply clearly and promptly. Give the name and the number from your end if needed.
5. After using the telephone replace the receiver properly and keep it firmly on its rest. Remember the phone is only for emergency and urgency.



(f) Climb up a tree or a rope

Climb up a tree –

Tree climbing is difficult because of their natural forms so, take time to identify healthy tree with sturdy footholds, and you can enjoy yourself without fear. A good climbing tree for the bulbuls should have a first limb not more than 2ft. off the ground and additional branches spaced 12 to 24 inches up the trunk.

Climb up a rope –

Rope climbing is a great exercise that builds upper body strength. Before climbing, ensure that the rope is anchored securely and the rope climbing environment is safe. There are different techniques used for climb up a rope. Use the one best suited.

(x) Be able to sing National Anthem and Flag Song.

National Anthem:

Jana -gana-mana-adhinayaka jaya he
Bharata -bhagya-vidhata
Panjaba - Sindhu - Gujarata - Maratha
Dravida - Utkala - Banga
Vindhya - Himachal - Yamuna -Ganga
Uchchala-jaladhi-tiranga
Tava Subha name jage, tave subha asisa mage,
Gahe tava jaya-gatha
Jana - gana- mana- adhinayaka jaya he
Bharata - bhagya- vidhata.
Jaya he, jaya he, jaya he
Jaya jaya jaya jaya he.

Time : 52 seconds

Author – Rabindranath Tagore

Flag song:

Bharat Scout Guide Jhanda
Ooncha sada Rahega
Ooncha sada Rahega jhanda
Ooncha sada Rahega
Neela Rang Gagan sa Vistrut
Bhratru Bhav phailata
Tridal kamal nit teen pratignya
Onki Yaad Dilata
Aur Chakra kahta Hai prtupal Aage
Kadam Badhega
Ooncha Sada Rahega Jhanda
Ooncha sada Rahega
Bharat Scout Guide Jhanda
Ooncha sada Rahega

Time : 45 seconds

Author – Dhaya Shankar Bhat

(xi) Be able to tell the name, address and telephone/mobile numbers of her parents

Bulbuls should learn to tell the name and address of their parents. Encourage them to record the same in their pocket book. Let them write the Phone/Mobile number also. This may help them to reach their place safely during illness and other emergencies.

(xii) Attend at least 8 Flock Meetings as a Bulbul

Note: On Completion of the Tests, the Pravesha Bulbul shall be awarded the Komal Pankh Badge by the Local/District Association, as the case may be on the recommendation of the Flock Leader. The **Komal Pankh** Badge is a cloth Badge. This is a badge with Green wings holding our Bharat Scouts & Guides Emblem in yellow in the centre on blue background with the letters **K & P** superimposed on the left and right wing respectively. It shall be worn on the left pocket touching the seam of flap.

12. Tests for Rajat Pankh

- (i) Know from your parents about a few important people in your village/locality and tell about them to the Flock Leader.

Know from your parents about a few important people and the duties they perform in your village/locality. A good general knowledge is necessary to direct a stranger to the destination they need.

Sl. No	Name of the post	Name & Address	Duties perform
1	Village sarpach		
2	Village Accountant		
3	Doctor		
4	Counsellor		
5	Postmaster		
6	School/College Principal		
7	Bank Manager		
8	Social worke		

- (ii) **Learn from your parents about the care to be taken of brittle, sharp and valuable things in the house.**

The Bulbuls should learn from their parents how to take care of house hold things, such as brittle things like crockery, mirrors and cooking vessels, Glasses and Dinner plates and other things.

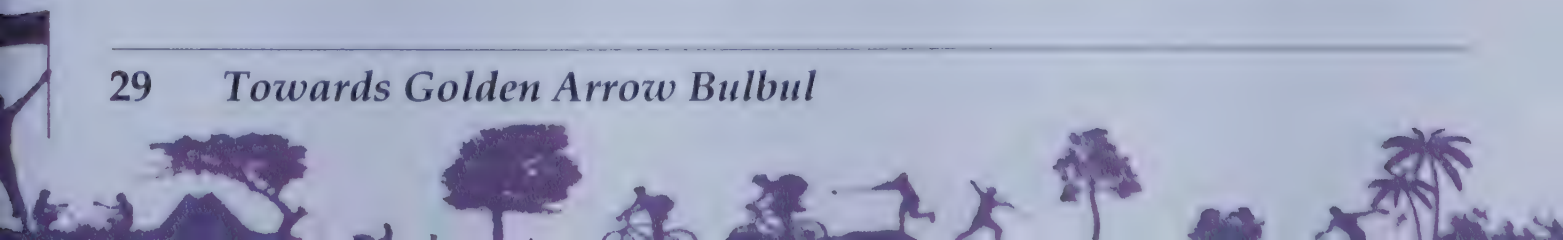
Sharp things like Blades, knives, scissors, Forks, sharp nails and glass pieces should be kept out of reach of the small children.

They should be able to take care of valuable things such as Television, Radio, Transistors, Tape Recorder, Camera, Money, Jewels, when not in use. They should know how to handle them with care and place them in their respective places.

One should take care while opening drinks bottle and biscuits tins. Educate the bulbuls to be careful with electric fans, Fire and to maintain Doors and windows and furniture.

- (iii) **Prepare a handicraft out of the waste material or do clay modelling**

The aim of teaching hand work is to train Bulbuls to use their creative ability, develop skills, spend time usefully. The Flock Leader



should encourage the Bulbuls to prepare such hand work which should be useful either to her or to her school or home or to be given as a present. The Bulbuls should not waste their money in preparing the hand work. Prepare something beautiful and interesting craft.

Handicrafts with waste materials

Julu Ear Ring



Greeting Card



Clay Modelling

Equipment for clay work should comprise of one modelling board or piece of cloth or wet rag or sponge and other homemade modelling tool.

- I. Hold a ball of clay in your palm; press both thumbs into the middle of it.
- II. Keep pressing with one thumb, while turning the pot with other hand.
- III. Put the pot on the table; flatten the bottom of the pot by pressing lightly with thumbs.
- IV. Smooth out the pot with damped fingers

Push it, Poke it,
Roll it, Pull it, Punch it,
Twist it, Squeeze it smooth it

- V. you will get the nice article.



- (iv) **Observe flowers in the garden, trees in the locality/ Mohalla and make a collection of eight flowers. Paste and label them in the log books.**

Encourage the Bulbuls to observe Flowers in the garden and the Trees in their locality. Observe the leaves and the flowers during different seasons and learn their names also. As an activity, make the Bulbuls to prepare a chart, fixing 8 flowers and write their names.

This type of chart is very educative when it is displayed at the school or during the Flock Holiday programme. It will inspire other Bulbuls to take up this pleasant work.



Rose



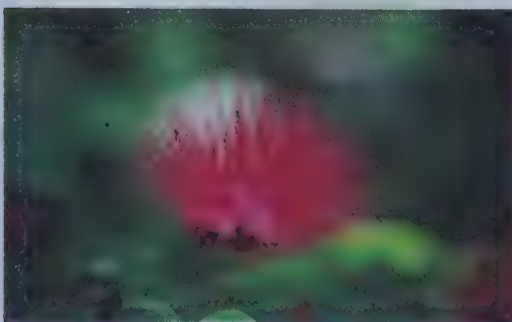
Orchid



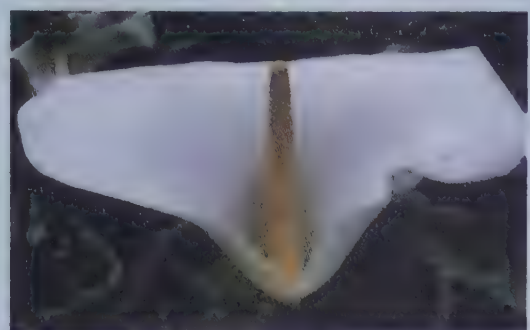
Lotus



Dhalia



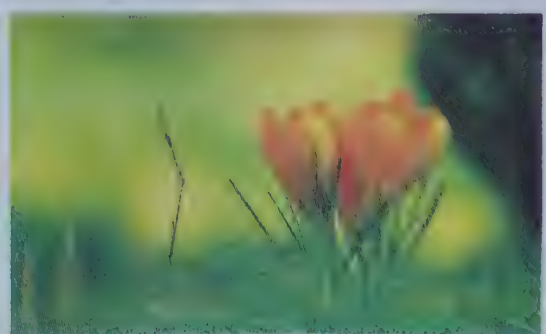
Powder Puff



Anthurium



Sunflower



Lily

(v) **Be able to preserve things collected by you.**

Bulbul are always very keen in collecting things. They should know how to preserve it neatly and systematically.

Eg.a) Flowers should be placed in between several thickness of blotting paper, and applying gentle pressure, increasing it daily. Full pressure must not be applied at the beginning, because this crushes them. In a week or fortnight the process will be finished. Use it for an album or use them to decorate greeting cards of different types.

b) **A good assortment of brads, like large and small, plump and slender, bright and sober can be stored in a plastic box or in a card board box. Use the beads to prepare hanging dolls and animals.**

c) Collect stones of different colours and shape. They can be stored in boxes with lid. These things are found in all sort of places in the garden, park, village side or by the river side. Use it for dry flower arrangement too.



(vi) **Tie a Sheet Bend and a Fisherman's knot and show their uses.**

Sheet Bend

The most suited to join ropes of equal or unequal thickness- very good for dry wet ropes. This is to fasten a rope to a loop. Also to tie a rope to a sheet.

Let the two ends come out on the same side of the knot for a better grip. Take care to tie a thinner rope to the thicker one and not vice-versa.



Step - 1



Step - 2



Step - 3



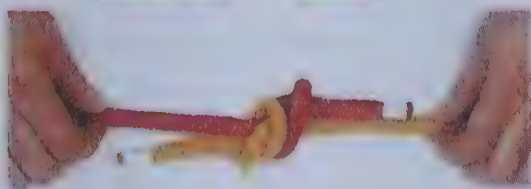
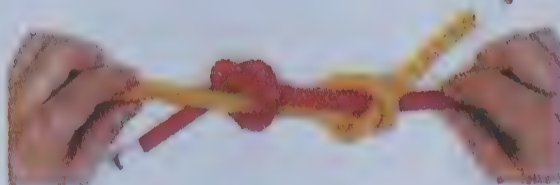
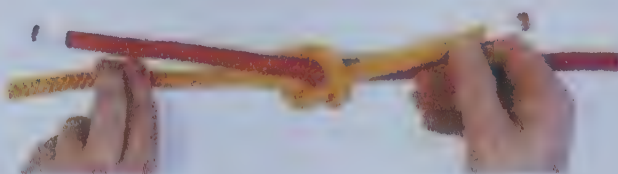
Step - 4



Step - 5

Fisherman's knot

Another reliable joining knot- most preferred, when the joining material is nylon, silk or some other than the usual string or twine- recommended for joining wet ropes and thin or slippery lines. Better if the ropes are of the same thickness if used to carry the pot/vessel.



(vii) Render First Aid for small cuts, burns and scratches.

Hints to clean CUTS and SCRATCHES

1. Clean your hands with soap water if possible.
2. Clean the cuts, scratches and grazes under running water, as soon as possible, because dirt in them can become poisonous.
3. Slight bleeding from graze or a scratch does not do any harm. On the other hand it will help to wash out the dirt. If the wound is deep, inform the adult leader.
4. Keep the wound clean. Cover with an adhesive which will relieve pain as well as prevent infection. If dressing is not available use your clean handkerchief or a clean rag.

(viii) Along with the Six, do a Good Turn in School/Locality under the supervision of the Flock Leader.

Being a Bulbul, one should be ready always for a Good Turn

1. Honour your Promise and Obey the Law.
2. Respect the elders and obey their instructions.
3. Change the things according to the circumstances'.
4. Help to protect natural resources e.g. air, water and soil.
5. Plant trees.
6. Clear trash and junk out of a stream or lake.
7. Report to the police if any suspicious person is found
8. Help handicapped, poor people, old and aged people.
9. Help at the time of gatherings.
10. Render first aid when necessary.

(ix) Demonstrate any three of the following:

(a) Make your own bed daily at least for a month.

Bed making is a daily task in every home. Here is an opportunity for the Bulbuls to show how helpful they are to the family.

Remove all bed sheets, one at time, and leave them, and the mattress, to air thoroughly.

If possible pull the bed, away from the wall. This will help you to put the main part of your blankets back on the centre of the bed. They will then be less likely to slide off during the night. When making the bed the bottom sheet must always be tucked in firmly at both ends



of the mattress. While the top sheets should be tucked in only at the bottom of the mattress. Methods for putting blankets, pillow and bedspread vary. Follow the ones you are taught at home.

(b) Know the importance of The National Flag.



The National Flag stands for the glory and honour of the country. We must respect our National Flag. Our National Flag is rectangular in shape in ratio of 3:2. The National Flag is composed of three strips of equal length and breadth. The top stripe is saffron, the middle is white and the bottom one is green. There is the Ashoka Chakra in the blue in middle of the white stripe.

The saffron colour stands for courage, the white for peace and green for prosperity. The Ashoka Chakra is the Symbol of progress. The spokes in the chakra suggest our readiness to serve the country all the 24 hours.

(c) Sow seeds and grow a plant. The growth may be recorded and reported to the Flock Leader.

Gardening is great fun especially for the children as they love to dig and play with clay or mud. It is desirable to provide each with a patch of ground for growing plants etc. or encourage them to grow a plant in a pot

- Know what type of soil is used for planting
- Know how to fill the soil in the pot.
- Know why there should be a hole at the bottom of the pot
- Know the selection of Seed.
- Know how to water the plants.
- Know how and when to manure the plant.



OR

Prepare a Bird feeder or a fountain and maintain it for two months.

A bird feeder, bird table, or tray feeder are devices placed outdoors to supply bird food to birds (bird feeding). The success of a bird feeder is attracting birds depends upon its placement and the kinds of foods offered, as different species have different preferences.

Most bird feeders supply seeds or bird food, such as millet, sunflower (oil and striped), safflower, Niger seed, and rape seed or canola seed grains to seed-eating birds



(d) Draw or paint a picture of any selected subject.

‘Lines, shapes and colours together makes a picture’

Drawing/Painting a picture is an art. Bulbuls are always happy with colours and also curious to draw and colour the picture of their own choice.

- Think what you are going to draw
- Sketch it lightly in outline and gradually darken it

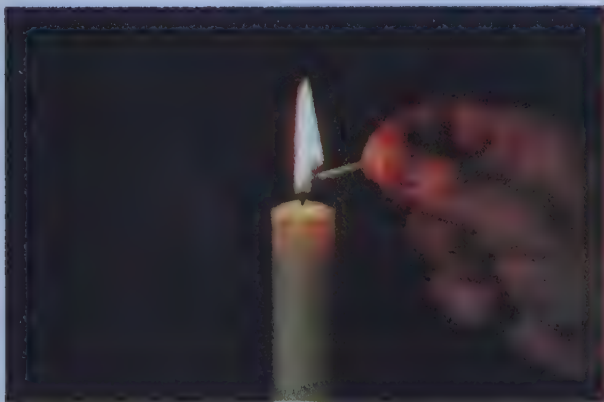


- Choose the appropriate colour
 - Know how to use the colour
- (e) Trim, fill, light and extinguish a hurricane/lantern light a candle or Know the use of **Emergency light and how to charge it.**

Trim, fill, light and extinguish a hurricane/lantern, light a candle with match box

Light a Candle

OR



Emergency light and how to charge it.



- (f) **Make a handkerchief and present it to your mother.**



The aim of teaching hand work is to train Bulbuls to use their creative ability, develop skills, spend time usefully. The Flock Leader should encourage the Bulbuls to prepare such hand work which should be useful either to her or to her school or home or to be given as a present. Bulbul should not waste their money in preparing the hand work. Prepare something beautiful and interesting craft.

(x) Follow a trail not less than half a kilometre and not exceeding one kilometre with your Six/FL/AFL.

To follow a trail, think of a theme, list out the equipments as per the theme, arrange for a good number of helpers, Fix the time and the boundaries. All these items should be told as a story to the Bulbuls to make it more interesting.

The trail signs are normally made at the right hand side of the path. They are made with the natural materials that are around and not with a chalk. While doing this do not disfigure or destroy public property. Use your keen eyes to follow the sign. If you think that you have missed a sign, go back to the last one you saw and start off again. If you are the last one to follow the signs, wipe off or undo the signs so as not to cause confusion for others.

(xi) Participate in at least two All Faiths Prayer Meetings.

All Faiths Prayer Meeting is a unique opportunity to show respect to God and different religions at your Flock. It is periodically or occasionally conducted at your Flock.

You will sing songs and bhajans which are prescribed in the booklet *Hamarha Sola Geet* published by The National Headquarters.

(xii) Participate in Kim's Game

When a-marching, marching, marching,

Keep your eye on every thing!

You must note each sound

Every track upon the ground.....

Rudyard Kipling was a friend of Baden-Powell. B-P borrowed much from Kipling's ideas in Scouting. He wrote the story of Kim which was published in 1901. Part I of the 1908 booklet "Scouting For Boys" included a condensed version of Kipling's Kim.

In Kipling's story, Kim becomes friends with a dealer in old jewelry and curiosities, who is a member of the government intelligence service. The man says that Kim had potentials for the same. He gave



Kim lessons on noticing small details and remembering them. A tray full of jewels was uncovered. Kim looked at them for a minute before they were again covered up. Kim is beaten by a youth in this game. He then played the "Jewel Game" often to increase his powers of observation.

Here are the instructions as given in the first BSA handbook.

1. Place about twenty or thirty small articles on a tray, or on a table or floor, such as two or three different kinds of buttons, pencils, corks, rags, nuts, stones, knives, string, photos - anything you can find - cover them over with a cloth or a coat.

Ask the Bulbul to observe it for three minutes ask them to write it in a paper and submit to the flock leader.



2. Taking turns each member of the Six draws half a dozen matchstick figures and after a minute's observation the rest of the Patrol have to draw the figures exactly from memory. Such figures as



(xiv) Know about the 3Rs of conservation i.e. Reduce, Recycle and Reuse.

The First 'R' - Reduce

The concept of reducing what is produced and what is consumed is essential to the waste hierarchy. The logic behind it is simple to understand – if there is less waste, then there is less to recycle or to reuse. The process of reducing begins with an examination of what we are using, and what it is used for. There are three simple steps for assessing the reduction value of an item or process – is there something else that can be used for this purpose? Using multi-use items is essential for beginning reduction. One example would be a coffeepot and a cappuccino maker. Both of them do distinctly different things, but one can buy a coffeepot that has a steaming attachment on it so it can do both. The purchase of the amount of production, and the amount of waste packaging material that will be generated.

Is this something that need to be done? A lot of our waste material comes from items that are considered to be “disposable”. Not in the sense that we use something once and then throw it away, that can actually be a part of environment responsibility when we are working with medical items – disposable in this sense means whether or not what the items allow us to do has any real meaning or purpose.

Is the item a part of something that we need to do, or want to do in our life? There is a limit to what we need to be prepared for in life. Chances are that we won't need a car that is equipped to handle a sandstorm in the desert. Buying one encourages production, wastes our resources and creates more generative waste than we can imagine. Always make sure that we consume, or keep in our life as preparation – matches the reality of potential opportunity in life.

Number 3 deals with the problem created by the living within a culture of consumerism. This type of consumption driven culture also makes fulfilling the second “R” difficult, but it is getting easier to do.

The second “R” -Reuse

We may have a box of things we keep that are broken or that we don't have a use for what we hang on to in-case we find another use for them; or we find bargains on an old furniture or go trash picking and get things that we can refinish – in either case we are working towards reusing the item. Learning to reuse items, or repurpose them



for a different use we than what they are intended for is essential in waste hierarchy.

One of the best example for how this is being done today is the modular construction of homes and office buildings that is being created out of discarded shipping containers. These large, semi-struck sized metal containers represent a huge waste problem. Repurposing them as home and offices saves them from the landfills and doesn't require the additional expenditure of nature resources to melt down and reconfigure the metals used to create them.

One may either reuse those items for his/her own use or donate so other can use them. One can reuse the below shown items like:

1. **Old jars and pots:** Old jars and pots can be used to store items in kitchen. They can also be used to store loose items together such as computer wires.
2. **Tyres:** Old tyres can either be sent to recycling station or can be used to make tyre – swing.
3. **Used wood:** Used wood can be used as firewood or can be used as woodcrafts.
4. **Newspaper:** Old newspapers can be used to pack items when we are planning to move to another home or store old items.
5. **Envelops:** Old and waste envelops can be used by children to make short notes or paper folding during craft classes.
6. **Waste paper :** Waste paper can be used to make notes and sketches and can be sent to recycling centres when they are not needed anymore.

Items that can be donated to others include :

1. **Old books :** Old books can be used by poor children or can be donated to public libraries.
2. **Old clothes:** Unwanted clothes can be used by street children or can be donated to charity institutions.
3. **Old electric equipment:** Old electric equipment can be donated to schools or NGO's so that they can use them.
4. **Rechageable batteries:** Rechargeable batteries can be used again and again and help to reduce unnecessary wastage as opposed to regular batteries.

Apart from these, we can build a compost bin and reuse many waste items like used tea bags. The waste then degrades and turns into compost that helps the plants grow and shine.

The Third 'R' - Recycling

The last stage of the waste hierarchy is to recycle. To recycle something means that it will be transformed again into a raw material that can be shaped into a new item. There are very few materials on the earth that can not be recycled. One of the issues facing communities that want to become more involved with a recycling effort is that while the relying collection and sorting process may be affordable to be implemented, there still has to be a facility to receive and transform the discarded waste material through agreements and incentives credits.

One needs to learn as to what products can be recycled and what not. By carefully choosing the products that can be recycled, can be a first step towards efficient recycling.

The Bulbul to be educated to

1. buy products from market that are made up of recycled materials i.e. the product should be environment friendly.
2. buy products that can be recycled such as glass jars.
3. Invent new ways to recycle different items.
4. Avoid buying hazardous materials that could pose difficulty for them to recycle buy non-toxic products, whenever possible.

11. Attend at least 8 Flock Meetings as Komal Pankh.

Note : On completion of the test, a Komal Pankh Bulbul shall be awarded the RajatPankh Badge by the local or the District Association, as the case may be, on the recommendation of the Training Counsellor or examiners appointed by the Badge Committee, who arranges the testing. The Rajat Pankh Badge is cloth badge. This is a badge with white wings holding our Bharat Scouts & Guides Emblem in yellow in the centre on blue background with the letters R & P superimposed on the left and right wing respectively. It shall replace on the uniform the Komal Pankh Badge.

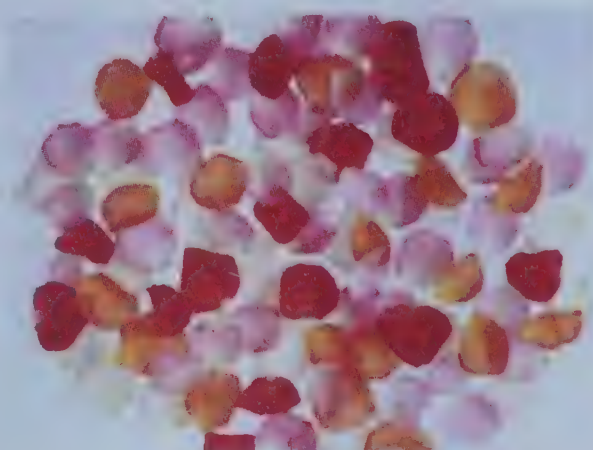


Tests for Swarna Pankh

- (i) Prepare and present a useful Handicraft, preferably for a differently abled person in the locality.

HERB SACHET

- Scented petals (mixture of scented petals) or mixture of herbs.
- A piece of thin material
- 2 squares of fine cotton material 12 cm x 12 cm.
- Needle and thread.



Method: Pick all the petals in the morning, place it on a thin material and dry it in dark place. Cover the petals in a thin material. Stitch round three sides of the squares. Slowly insert the dried petals in to the open side. Close the open side.

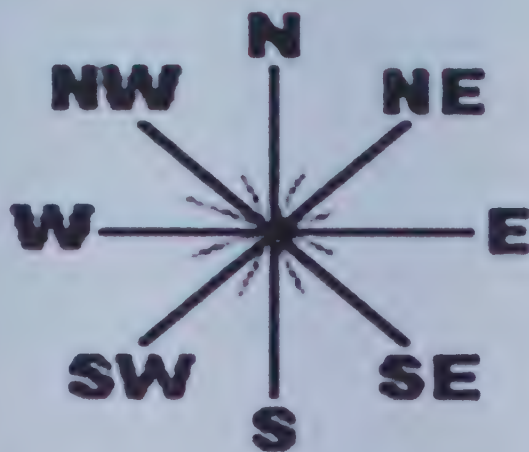
- (ii) Know the eight principle points of a compass

Of the stars in the heavens the Sun is the best.

He comes from the East and sets in the West.

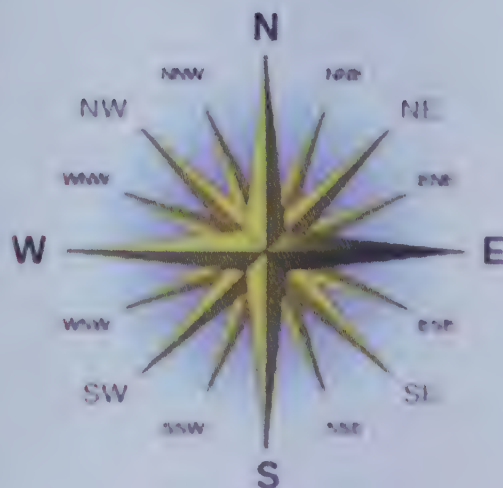
Four Cardinal Points - North, South, East, West

Sub-Cardinal Points:- North East, South East, South West and North West



- (iii) Have Knowledge of your village/town regarding nearby railway station, Bus stand, Bank, Post Office, Schools, Colleges and Hospitals.

The knowledge of railway and bus services in the village and town will help the bulbuls to give clear and



distinct directions to the visitors and also to strangers. In this way, encourage her to take part in community service.

- Should know the distance from her house to the railway station, Bus station, Fire Service, College, School, Hospital, Post Office and Banks.
- Know the phone number of all the above places. In case of urgency and emergency the bulbuls will be in a position to render help to the community.
- Prepare a scrap book about Train, Bus, Hospital and Fire Service.
- Take part in the Road Safety Week.

(iv) Render First Aid for Sprains, Stings and be able to clean a wound

SPRAINS:

Sprain is caused by a sudden jerk or tearing of the ligaments (Band of fibrous tissue). signs of sprain-Pain at the joint, inability to move the joint and swelling.

Treatment for sprains: Immobilise the joint, apply a firm bandage to the joint to give support. Wet the bandage and keep it wet. If the ankle gets sprained during a walk, do not remove the shoes. Keep them as support and tie a bandage around the shoe. The foot with the shoe still on can be dipped in cold water.

STINGS

Wasp and bee Stings: If the sting is visible remove it with a sterilised needle. Wash the part with a solution of bicarbonate, For wasps use vinegar and onion juice which are effective remedies. If the person is allergic to stings, they will need immediate medical help. You will notice the allergy when the person is suffering from too much pain and swelling or rash on the body.

General wound

1. First Aider should Wash the hands properly
2. Material Needed a bowl of warm clean water, soap, cotton wool or a clean handkerchief, gauze, a roll of bandage, safety pins, Dettol, Antiseptic powder (see the First Aid kit).



3. Clean the skin round the wound, but not the open wound itself, Using Dettol water, cotton wool or a clean handkerchief.
4. Apply Anti-septic and put a protective layer of gauze over the wound and the cleaned skin area.
5. Apply a thick pad of gauze or cotton wool over this layer of gauge.
6. Finish with several firm (but not tight) turns of a bandage, which should fully cover the pad. Let each turn of the bandage overlap the previous turn by about two thirds. Secure the bandage with safety pins.
7. If the condition is serious you may have to take measures against shock.

(v) Participate in a Flock Good Turn activity by adopting a public place.

First discuss the matter in the Pow-wow meeting. Find out the need for the Good Turn, fix the place, obtain permission from concerned persons and inform the school authorities, send formal letters to officers incharge of the public place and explain why you are keen to adopt that place. It can be a short term programme and also long term programme. Think of the finance and organise the necessary equipments.

Few suggestions : School garden, adopting a park and educate the public for about a week not to litter there. Collecting magazines, story books& fruits for the patients in the hospitals (Door to door collection for one week)

Record all the details of this good turn activity. Inform the District Commissioner Guides about the nature of the Good Turn, number participated, Area covered, equipments used, and people who helped for its success.

(vi) Participate successfully in at least three sense training games of different types.

Observation Game:

Bulbuls are given a list of things to collect in their sixes 10 Minutes time to collect and after collecting arrange them neatly in their sixes corner(Soft, Smooth, light and Sticky.) - Allow 5 mins. to observe. Then ask to list them.

An Unusual Tree: Pin six leaves from different trees on to one small tree or bush. Allow 5 minutes to observe. See who can first spot them all.

HEARING:

Several objects are in boxes of different kinds and different sizes. Players must decide by rattling the boxes, sound and weight what is inside.

Sound Sense:

Two players from the Flock are blind folded. One carries a small tin, with a stone inside: the other carries a sack of straw or a pillow. On the whistle being given, the one with the tin must keep on rattling it, while the other attempts to hit her with the pillow. Play this game in the circle and fix the time.

Tasting: Take 2 or 3 players from each six, who will all be blindfolded. Then give them a sip of different liquids (4 to 5 varieties) to drink and identify them.

Smelling: The Nose knows.

Blindfold all the players, and hold different flowers, plants etc. up to their nose to see how many they can identify. You require the help of the Asst Flock Leader to record the results.

(vii) Go on a day Hike with your Flock.

Camping plays an important role in 'Bulbuls' life. It gives an ample opportunity to develop their mind and practise various skills. The greatest value of camping for Bulbuls is the experience to learn to take care of themselves and their belongings and live together happily. They realise their responsibility by sharing and caring, so that they can stand on their own feet to face the future. Thus, they become strong in body and mind, far sighted, wide visioned and self-reliant.

Good manners are as important in a camp as at home. Flock Leader should have the knowledge of the ideal place for Bulbuls, to camp for a day, and knowledge of flora and fauna, first aid, use of simple tools, rules, willingness to go out to meet adventure, prepared for emergencies on the way and in the camp. Should have the knowledge of a balanced diet.

Camp programme must be prepared well in advance. Always keep ready alternative programme for the bad weather. Programme should satisfy the needs of the Bulbuls.



Individual kit	Flock Kit
1. Uniform	1. First Aid Box
2. Toilet needs	2. Maps of locality
3. Plate, mug, spoon and water bottle	3. Miscellaneous articles Scissors, Knife, gum, drawing pins and card sheets, materials for games.
4. Notebook, Pen pencil, Eraser, Scale, knotting rope, torch	4. Other general material for the programme.
5. Raincoat or Umbrella	
6. Sit upon	

(ix) Help a younger child in the habits of cleanliness.

The Bulbul should develop Health Habits. It is our duty to preserve and build up our own health and also improve the health of the family. In guiding, laws of health is under six headings. They are Exercise, Food, Clothing, Rest, Fresh Air and cleanliness. As and when you get an opportunity, educate the Bulbuls on these lines. After undergoing and acquiring the knowledge, Bulbuls will try their best to help the younger children in the habits of cleanliness which is the most important health rule.

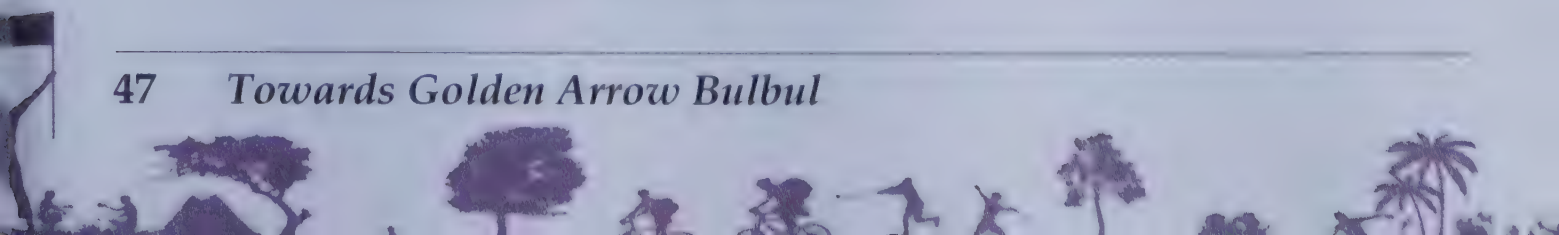
By means of pictures, exhibition, play acting, puppetry and by your own example, impress the younger children to be clean and tidy, or otherwise it may cause any disease. Discuss in the pow-vow and record all the help given to the younger child in the habit of cleanliness.

Qualify for one of the following Proficiency Badges:

- (a) Observer (b) Team Player
- (c) HomeCraft (d) Entertainer
- (e) Guide (f) Computer Awareness

(a) Observer:

- i. Recognise five Indian animals or birds and observe their habits, know the names and appearances of ten flowers/ trees/shrubs.
- ii. Know the seasons in which different kinds of fruits and vegetables are available in their locality and when the main crops are harvested.



- iii. Find her way to an unknown spot, not more than 300 meters away by following directions given to her by the Examiner (either compass directions or signs made on the ground or land marks or a combination of these)
- iv. Be able to play a memory game remembering 15 objects out of 20.

(b) Team Player

The Bulbul should be habituated to applause the winners, even though she is on the losing side.

Bulbuls are eligible for this badge if she has played games in the sixes and as a Flock obediently, fairly and unselfishly for a period of three months (12 weekly meetings) and have a definite record of the date and games. This must be shown to the District Commissioner and signed by her before applied for.

- Be able to lead the team.
- Inspire the team members when there are some difficulties.
- Be cooperative & coordinate with the team.
- Have sportive spirit.

(c) Home Craft

Thread a needle and sew a button.

Carry out any two of the following tests:

- (a) Knit or crochet a useful article
- (b) Make a piece for knitting, good for a bag, hammock etc
- (c) Work a design in cross stitch on canvas
- (d) Make a rug or mat on canvas.
- (e) Darn a hole in jersey or stocking or mend a tear
- (f) Wash and iron scarf
- (g) Make a basket and a sweeping broom
- (h) Weave a useful article in raffia
- (i) Weave the webbing of bed



- (j) Make the "Tatties or Chatai" (straw Mat)
- (k) Paint a wall or floor (village style)
- (l) Make an article of straw, palm, cane, reed or bamboos.

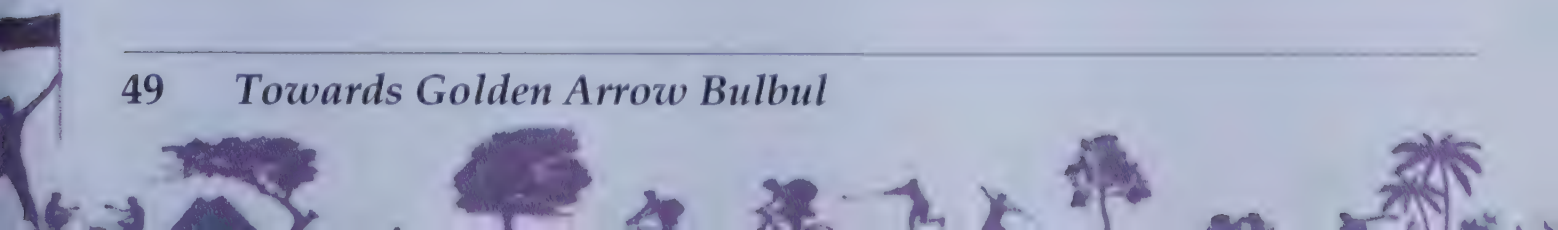
(d) Entertainer

Be able to do any three of the following. (The time limit 3 to 4 minutes from sl.No. 1 to 4)

1. play simple music correctly on instrument or sing a song of simple music in a correct manner.
2. Be able to skip two fancy steps and make up a dance music.
3. Be able to recite an action song with appropriate action and movement
4. Dress up and play a part in a depicted story or historical event.
5. Tell one story in an effective manner to other Bulbuls (Five Minutes)
 - (i) Must produce two items up to the standard of the public entertainment, either dancing, singing, playing an instrument, or reciting, (Each to last not less than two minutes)
 - (ii) Must be able to entertain Bulbul for five minutes with at least two of the following subjects.- Tricks, playing any portable instrument, character sketchers, song with chorus, mimicry.
 - (iii) Present a programme as design for a general kalarav as entertainment (3 to 4 months)

(e) Guide

- (i) In the village, know the nearest police station or thana, dispensary, hospital, doctor, vaidya or hakim, nearest bus stand, railway station, market, dharamshala or sarai nearest post and telegraph office, rest house and veterinary hospital.



OR

In Town: Know the route to the nearest police station, doctor's residence, chemist's shop, public telephone, Fire Station, bus stand, railway station, petrol station, motor garage, hotel, post, and telegraph office.

- (ii) Know how to call for the fire brigade, police and ambulance.
- (iii) Be able to give clear and distinct directions to guide a stranger politely and promptly .
- (iv) Know the story of an interesting and historical place in the neighbourhood.

(f) Computer Awareness:

- I. Have knowledge of a Brief History of Computer.
- II. Acclimatization with computer components & peripherals
- III. The best use of computers in Scout/Guide activities.
- IV. Knowledge of the commonly used packages
- V. Perform the following
 - (a) Use Floppy and the hard disc in the computer
 - (b) Booting and shut down of computer
 - (ii) Know how to call for the fire brigade, police and ambulance.
 - (iii) Be able to give clear and distinct directions to guide a stranger politely and promptly.

(iv) Know the story of an interesting and historical place in the neighbourhood.

The **India Gate**, originally called the **All India War Memorial**, is a war memorial located astride the Rajpath, on the eastern edge of the 'ceremonial axis' of New Delhi, formerly called Kingsway. The names of some 70,000 Indian soldiers who died in World War I

In 1971, following the Bangladesh Liberation war, a small simple structure,



consisting of a black marble plinth, with reversed rifle, capped by war helmet, bounded by four eternal flames, was built beneath the soaring Memorial Archway. This structure, called Amar Jawan Jyoti, or the Flame of the Immortal Soldier, has since 1971 served as India's Tomb of the Unknown Soldier.

(xi) a. Know how to welcome and receive a guest.

To be a successful hostess, a Bulbul should constantly keep thinking of the needs, wishes and comforts of the Guests, getting ready before time and go forward to greet him or her with a smile. Of course that is the best method. Help in carrying their luggage inside the house. Wait for the opportunity to help the guests. It is a form of Good Turn.

After the visit say thank you for a visit and for the wonderful time, and also make a small Thankscard and send it to your guest.

b. Prepare and serve cold or hot drink.

Lemon Juice:



Material needed -3 to 4 Medium size lemon, 100gm Sugar, Salt, water and Ice cubes.

Method: Take 4 to 5 cups of ice water in a bowl mix sugar as per the taste. Put a pinch of salt and stir it well. Add lemon juice and stir it again. Filter with the help of the strainer and serve it with ice cubes.

For Hot Coffee

You will need 3 tsp milk powder, 4-6 tsp sugar, 1 tsp instant coffee, 2 cups of hot water.

Method-Pour water into a cup and mix it with milk powder, sugar and instant coffee and serve it.



b. Prepare a greeting card for a special occasion.



(xii)(a) Know the wood craft signs and Follow a mark track for one kilometer .

Wood Craft Signs:

Trail Signs			
straight ahead	turn right	turn left	do not go this way
Rocks 			
Pebbles 			
Sticks 			
Long Grass 			
Number of paces in direction indicated 	I have gone home. 		

- (b) Know the rules of Road safety as a pedestrian and a cyclist.**

Basic rules of the road

There are certain rules that have been prepared for the benefit of people and the idea of preparing these rules is not that they should be understood by the drivers, but it should also be understood by the cyclists, pedestrians and other people. It is essential to follow all the rules and regulations and if it is effectual to be careful, considerate and patient.

Traffic signals

Traffic signals or top lights are positioned on the roads intersection and they are used for indicating whether it is safe to walk or not. People are recommended that they should follow all the traffic signs and they would be required to understand this information that is displayed through color code.

Road signals

These signs have got the very prominent role to play in the traffic system and they are made for the safety of people. According to the congress of Indian Road, these signs and Traffic symbols have been categorized into 3 different categories.

- (c) Follow a marked track for one kilometre.**

The trail signs are normally made on the right hand side of the path. They are made with the natural materials that are around and not with a chalk. While doing this do not disfigure or destroy public property. Use your keen eyes to follow the sign. If you think that you have missed a sign, go back to the last one you saw and start off again. If you are the last one to follow the signs, wipe off or undo the signs so as not to cause confusion for others.



To play this trail sign game, think of a theme, list out the equipments as per the theme, arrange for a good number of helpers, Fix the time and the boundaries. All these items should be told as a story to the Bulbuls to make it more interesting.

(xiii) Attend at least 8 Flock Meetings after qualifying for Rajat Pankh.

Note: On completion of the tests, a **Rajat Pankh**, Bulbul shall be awarded the **Swarna Pankh** Badge by the Local or the District Association, as the case may be, on the recommendations of the Training Counsellor or Examiners appointed by the Badge Committee, who arranges the testing.

The Swarna Pankh Badge is a cloth badge. This is a badge with golden wings holding our Bharat Scouts and Guides Emblem in yellow in the centre on blue background, with the letters S & P superimposed on the left and right wing respectively. It shall replace the Rajat Pankh Badge on the Uniform.



14. Tests for Heerak Pankh

(i) **Participate in an over-night Flock holiday.**

An overnight Flock Holiday plays an important role in the Bulbuls life. It gives many opportunity to develop their mind, practice various skills, and make the Bulbul bold, strong, far sighted, widen vision, sharing and caring.

An ideal place for an overnight Flock Holiday should be discussed in the Pow -Wow well in advance. Flock Leader should visit the place to have first hand information about the place. An advance party is very necessary to make all the preliminary arrangements. A Bulbul should carry the personal kit as per the instruction of her Flock Leader.

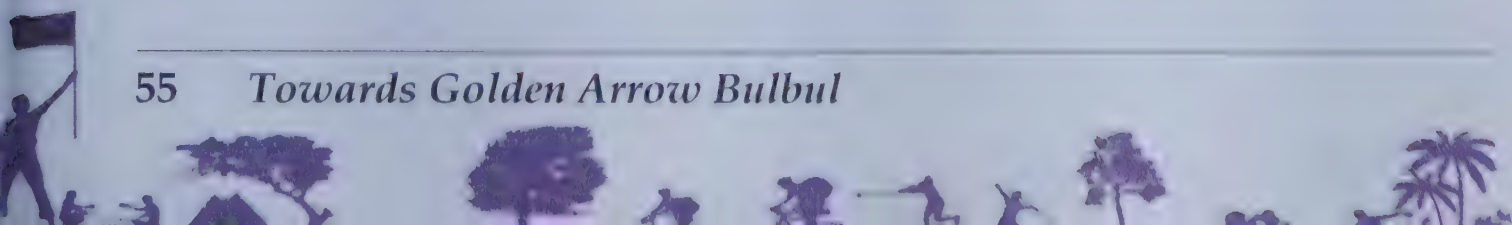
(ii) **Participate in Flock Expedition.**

A Flock Expedition can be planned for a day or half a day or it can be a part of the Flock Holiday. Decide about the theme of the expedition, and plan and prepare the equipments accordingly. Preparations and theme of the expedition is very important. Give top priority for this.

(iii) **Tie and know the use of bowline, round turn and two half hitches.**

A loop that never slips—always made at the end of a rope— used at the end of the life line and for slinging a man, say, for white-washing walls of a very tall building

- For climbing and- life saving (lowering people from a burning building or dragging a person out of it- for fastening animals etc.).



- (iv) **Open a small savings account in a Post office or a Bank.**



Real thrifty consists of five different things - earning, saving, spending wisely, sharing and conserving. It is good to be able to put money in the bank for unforeseen needs. To know how to save money in banks, read the following:

HOW TO OPEN AN ACCOUNT:

1. Application to open an account need not necessarily be made in person. It can be opened by the parent or guardian of a Bulbul. The applicant must state her name, occupation and address.
2. Each applicant will be required to sign a declaration to the effect that she has read and accepted the savings bank rules.
3. Savings Bank Account must be properly introduced.

A Bulbul must be able to save money by putting aside regularly from the pocket money she gets. Bulbuls do not waste money, but save every paisa they receive.

or

Plant at least two saplings in your locality and ensure their growth for at least six months



Sl. No	Date	Observation
1	Day 10	
2	Day 20	
3	Day 30	
4	Day 60	
5	Day 90	
6	Day 120	
7	Day 150	
8	Day 180	

(v) Participate in a religious function and share your experiences with your Flock Leader.

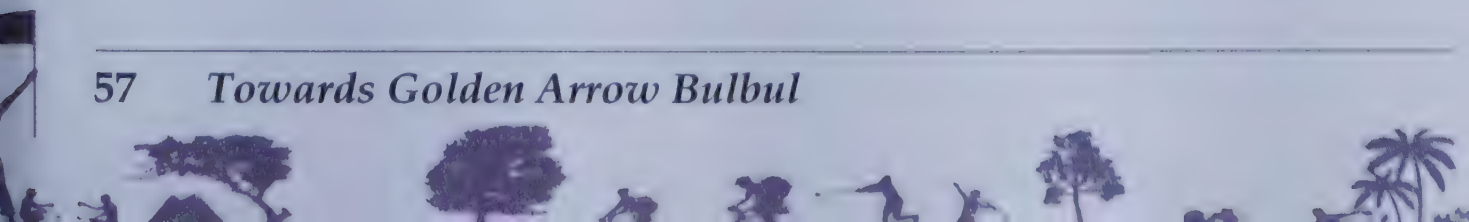
We take our promise to do our duty to God. Each religion has its own way of celebrating religious functions. Bulbuls should be encouraged to take part in religious functions to learn so many good things there. In our country there are several religious functions such as Dushehera, Diwali, Holi, Id, Christmas, Gurunanak's Birthday, Rakshabandhan etc.

You should try to participate in the religious function in your community. Learn something about their customs.

During your visit to the religious places start with knowing the teachings of your faith and try living up to them in your everyday life. Regular attendance in religious services is important. Make your attendance for more than just being there. Take an active part in the work of the place of worship such as cleaning the spot or helping organisers when and where required. Set a good example for younger members and help wherever you can.

(vi) Qualify any one of the following Proficiency Badges not earned earlier:

- (a) World Conservation (b) First Aider (c) Cyclist (d) Gardener
(e) Book Binder (f) Heritage (g) Free Being Me



b. First Aider

Know the rules of First Aid

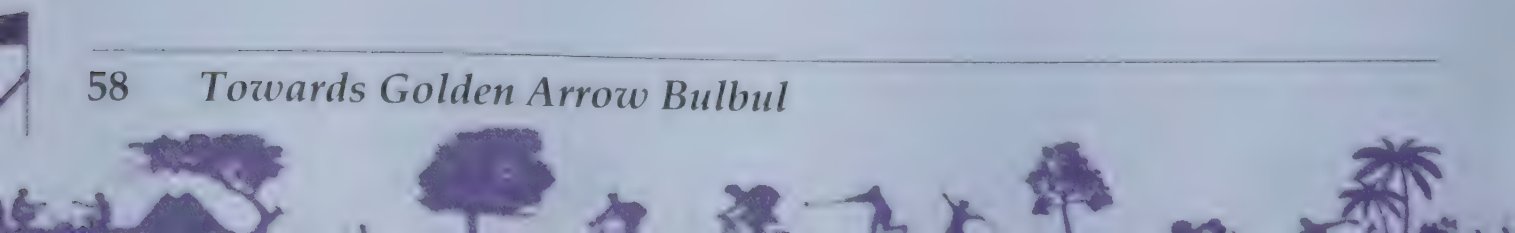
1. Know how to clean up and treat a graze.
2. Be able to dress and put triangular bandage on hand, foot and knee and put on large arm sling and tie head bandage correctly.
3. Know how to stop bleeding from the nose
4. Know how to extinguish fire on clothes and how to treat for minor burns, scalds, choking sting and snake bite.
5. show that she understands the need for summoning adult help.
6. Know the simple treatment for shock.
7. Know simple treatment for sprains, and how to apply wet bandage to a sprained ankle.

c. Cyclist:

1. Know how to ride a cycle.
2. Know how to clean and oil the cycle
3. Know how to pump the tube and set the valve
4. Know the traffic rules of the road.

d. Gardener:

1. Take care of a plot of ground not less than 1.50 sq. Metre for a minimum period of three months and grow at least three kinds of vegetables or flowers on it.
2. Be able to name not less than four of each of the following in any area or garden.
 - a. Trees or shrubs
 - b. Flowers or vegetables.
 - c. Standing crops or weeds.



3. Be able to use the following tools:
Spade, Fork, Shovel, Rake or equivalent implements.
4. Make a scrap book of not less than six pages of pressed leaves, flowers or vegetable, (minimum twelve) subjects to be shown.

Note : In case of Flock in towns, where gardens are not available, the following alternatives can be taken in place of No. (i) and (ii)

- (i) Care of a window box for three months.

OR

Care for two or more perennial plants in pots for three months.

- (ii) Grow two of the following :
 - (a) A bulb (flower or vegetable) in water, sand or soil.
 - (b) Mustard, cress, peas, melon or beans of flannel or blotting paper.

e. Book Binder

Binding of the books is for the safety of the book. It may be an art

1. Prepare the parts of sections for sewing and sew sections on tapes.
2. Fold and paste on end papers, glue up and line with mull round the back and add second lining.
3. cut boards and cover with cloth or paper and put book into case.

h. Heritage:

The Bulbul should understand the basic components of their own local culture:

They may compile their study in the form of an illustrated scrap book.

1. Physical Environment of their locality (famous hills, rivers etc.)

Common Trees

Common plants and their uses

Common birds

Flora & Fauna of the region



2. She should first know & understand her own cultural identity & Heritage-family, tradition, customs etc.
 - (a) Scrap Book containing items like a "Family tree" tracing ancestors may be prepared.
 - (b) Participation in local festivals recorded in photographs or description.
 - (c) Traditional songs & dance
 - (d) Food prepared in that culture.
 - (e) Traditional costumes.
 - (ii) Arts of the locality Building, Places of worship, Music, Musical Instruments, Dancers Puppetry, Food, Costumes then and now.
 - (iii) Practical work
 - Visit to local monuments and museums.
 - Learning a traditional craft of the locality like pottery, rangoli. etc.
 - Enacting stories and local legends.

(g) 'Free being me'.

It is an educational programme that engages participants' around the world in exploring ideas about body confidence and beauty that will effect them as they grow up. It introduces the idea that society promotes the narrow and unrealistic definition of the beauty which help participants to uncover the real story.

1. The Princess list:



In small groups, participants draw a popular princess character and identify the common features to help them recognise the narrow view of beauty that is often promoted in their society.

2. Beauty around the World:

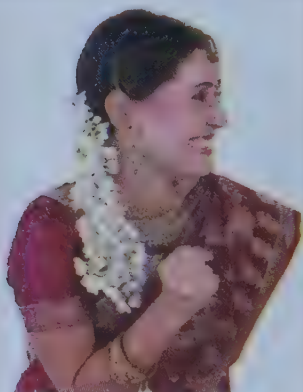
Play an active true or false game.

To learn about different cultures around,

The world and through history have defined beauty.



Example 1: Wearing bangles and bindis more beautiful and traditional



Indian ladies are used to wear bangles on both the hands matching to their dress and also bindis on their forehead which added to their beauty too.

Example 2: People says that a beautiful woman has a very curvy figure

In Brazil, curvy women are the most admired, though this is changing through being influenced by other countries, and people are starting to see beauty as being thin.

3. Free Being Me Gallery:

Create an alternative gallery of inspiring images that encourage participants to celebrate their unique identity.

- what they are doing
- what is special about their body because it enables them to do something

4. Real Role Model:



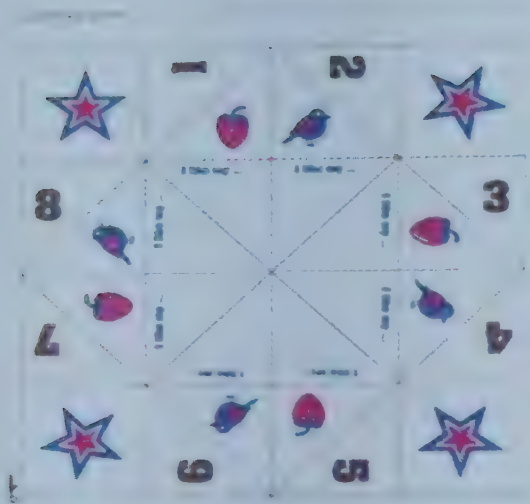
Participants choose a picture of an inspiring role model who they know in real life, such as a friend or family member. They share their role model with the group in the next session.

5. Fortune teller:

Create a fortune teller that supports participants to identify what they like about themselves, and speak out about it.

1. One person picks a number (as shown in picture A)
2. Their friend opens and closes the fortune teller (as shown in the Picture B) that many times, alternating the direction they open it in.
3. Once they have done this, the first person chooses a number.
4. Their friend opens the flop matching the number, and reads out "I like my" sentence.

A



B



6. Airbrushing spot the Difference:

Compare pictures before and after air brushing to spot as many differences as possible.

7. Change the Media:



Original



Retouched

Participants imagine they have three minutes to take over the media and create the message they would share with the world

8. Treasure Hunt:

working in small groups, participants hunt for message that represent some feeling pressure about their appearance, and come up with a positive challenge to the idea that its important to look a certain way.



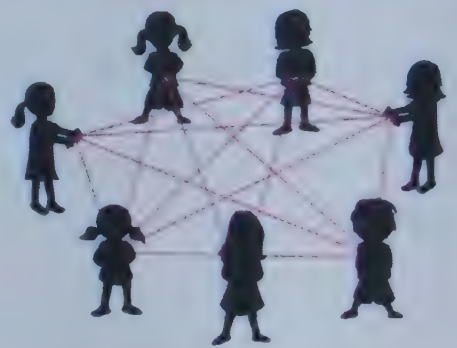
9. **Take Action Project:**

Plan together how your group will take action, to spread the Free Being Me message in a fun and exciting way.

10. **Personal Challenge:**

In small groups, participants take it in turns to share the story of how they spread the message in their star.

- What her star Message was.
- How she shared it
- Why she thinks her message is important.



(vii) **Observe guide Patrol/Company meeting in your locality for a month and discuss your observations with your Flock leader.**

After taking the permission of the School authority the Flock Leader should find out all the possibilities to arrange for the Bulbuls to observe a patrol/company at work in the near by area. Give proper instructions to the Bulbuls to observe the activities of the patrol properly for at least 4 – 5 meetings. This will ensure that they to continue in the movement by joining the Guides after the completing the age of 10 years.

Bulbul should submit this format to the Flock Leaders as per her observation

Sl.No	Name of the Company	Name of the Patrol	Date of Visit	Observation

OR

Collect addresses of **five Guides** in the locality and submit to the Flock Leader.



Sl.No	Name of the Company	Name of the Patrol	Name and Address	E-mail ID & Mobile No

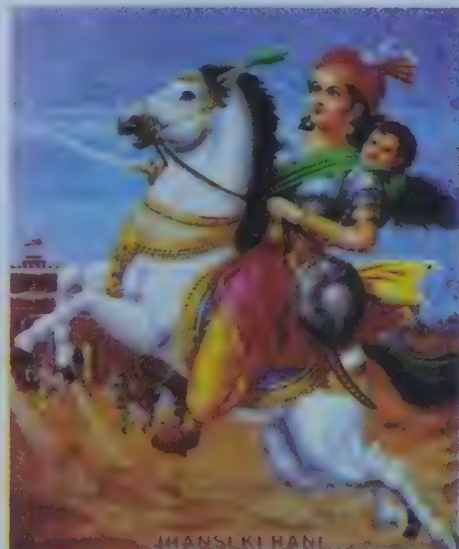
(viii) Be able to tell about two National Heroines/Freedom Fighters.

You have to prepare the life stories of two National /Heroines Freedom Fighters like Kittur Rani Chennamma, Jhansi Ki Rani, Smt. Indira Gandhi, Sarojini Naidu and so on in about one or two pages and tell it in your flock to your bulbuls.

Freedom Fighters



Kittur Rani Chennamma



Jhansi Ki Rani

National Heroine



Smt. Indira Gandhi

(ix) Know about the National Flag and Bharat Scouts & Guides Flag.

National Flag

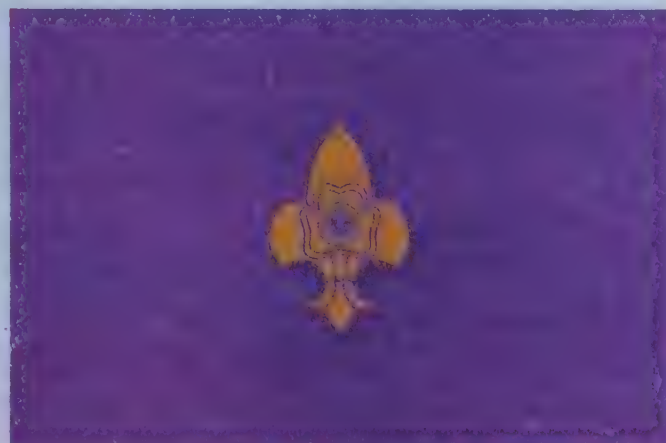
The National Flag stands for the glory and honour of the Country. We must honour and respect our National Flag. The National Flag is in rectangular in shape in the ratio of 3:2.



Our National Flag is of Tri color. Saffron at the top, White in the Middle and Green at the bottom. In the centre there is the Ashoka Chakra which is navy blue in colour with 24 spokes. Saffron stands for courage, White for peace and Green for prosperity. The spokes in the Ashoka Chakra suggests our readiness to serve the country all the 24 hours.

Bharat Scouts & Guides Flag

The Bharat Scouts & Guides flag shall be in dark blue colour, the Emblem in golden yellow colour shall be in the centre of the flag with Ashoka chakra in blue colour



Size of Association Flag: 180 cm x 120 cm

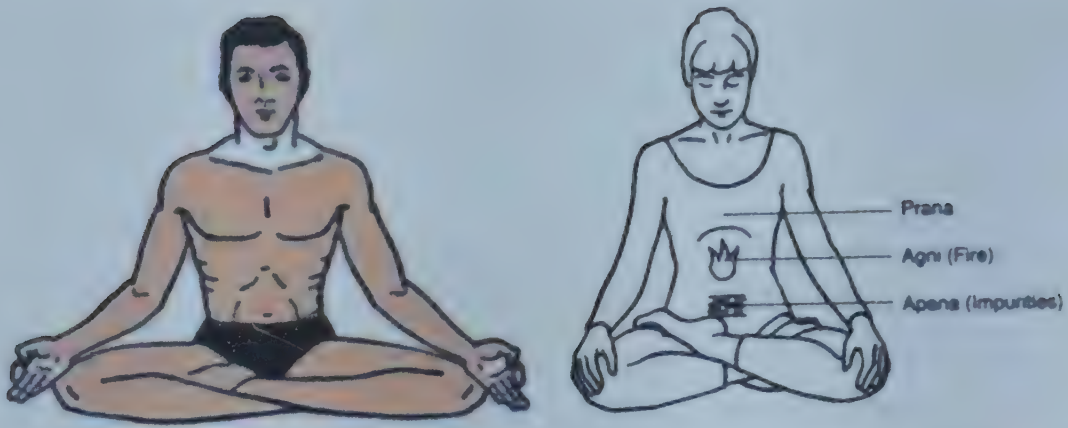
Size of Company Flag: 120 cm x 80 cm

Size of Emblem in Flag: 45 cm x 30 cm

Ratio of the Flag; 3:2

(x) Gain knowledge and practice simple Yoga in daily life.

Yoga developed in India many years ago and is slowly gaining popularity across the globe owing to the number of benefits that it has on the mind and body of a person. The basic principle of yoga is to bring about harmony of the mind, body, and spirit.



As a Bulbul you should practice simple yoga involving Pranayam and simple Asanas like Padmasana etc., to derive the following benefits:

Practicing yoga increases the capacity of lungs, so people suffering from diseases like asthma and other lung-related disorders may find relief

- Helps in relieving emotional and nervous anxiety
- Improves immunity of the body
- Rejuvenates and refreshes both body and mind
- Releases chronic muscle tension around vital organs like heart and digestive organs
- Helps improve concentration
- Purifies blood by getting rid of toxins and also increases oxygen level in blood
- Promotes good sleeping pattern and also cures insomnia
- Blood circulation is improved
- Helps in easing out the stress levels
- Improves conditions of high blood pressure and low blood pressure
- Improves digestion

(xi) To know from the Flock Leader about any two good habits of Tara and inculcate them in her life.

1. Helping mother at home by looking after the younger ones when she is busy.
2. Helping in the Household work at home.
(Doing good turn at home)



xii) Observe a pet bird or an animal and take care of it at least for three months.

Dogs are generally the domestic animals much care should be taken for them.

1. Feed the dog properly
2. Clean its fur frequently (4 to 5 times in a day)
3. Give bath once in a three days
4. Keep its bedding neat and clean by spreading in the sunlight daily to avoid ticks.



Attend at least 8 Flock meetings after qualifying for Swarna Pankh

Note: a. On Completion of the tests, a Swarna Pankh Bulbul will be awarded the **Heerak Pankh** Badge by the Local or the District Association as the case may be, on the recommendation of the Training Counsellor or Examiners appointed by the Badge Committee.

- b. The Heerak Pankh Badge is a cloth Badge. This is a badge with Ruby wings holding Bharat Scouts and Guides emblem in yellow in the centre on blue background with the letters H & P superimposed on the left and right wings respectively. It shall replace the Suvarna Pankh Badge on the uniform.
- c. The Heerak Pankh Badge will be presented along with a certificate signed by the State Chief Commissioner.

15. Golden Arrow Badge:

All the Proficiency Badges shall be worn on the right sleeve in parallel rows.

16. Golden Arrow Badge:

- a. A Heerak Pankh Bulbul having earned totally six Proficiency Badges. One badge each in Suvarna Pankh and Heerak pankh, remaining four badges



17. Camps for Bulbuls :

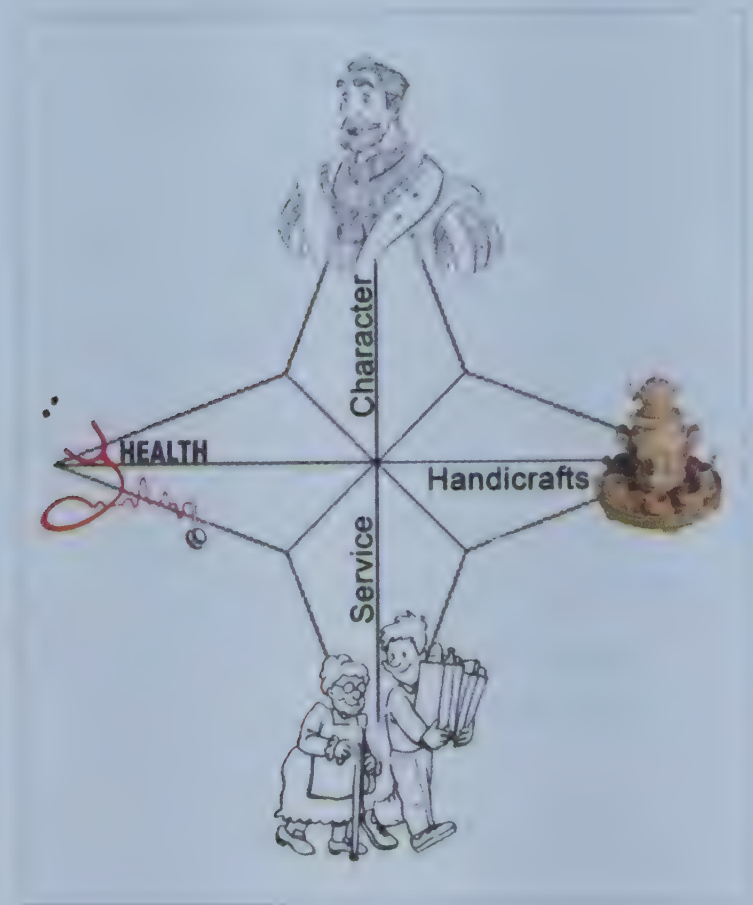
- (i) A Bulbul who has earned Komal Pankh Badge and completed seven years of age, is eligible to attend a camp.
- (ii) A Bulbul Flock Camp should not be less or more than two nights.
- (iii) A Bulbul Flock camp shall be conducted in permanent shelter/tents with ample safety measures.
- (iv) In order to regulate proper arrangement for camp, trek or Hike, A 'permit card' signed by the Flock Leader shall be issued. The concerned District Organising Commissioner shall issue 'permit card' only to the Flock Leader, in charge of the Company and the Flock Leader in turn shall issue such 'permit card' to the Sixer.
- (v) A Bulbul camp shall be held outside the respective state, except with the written permission of the State Commissioner.
- (vi) There shall be not less than two adult leaders for a Bulbul Camp; there may be one Adult Leader for every SIX Bulbuls in a camp.
- (vii) No Flock Leader or Assistant Flock Leader shall conduct a Bulbul CAMP without the previous written permission of the District Commissioner.



PROFICIENCY BADGES

All the proficiency Badges give a wider understanding and experience in the four sign posts of Guiding. CHARACTER, HEALTH, HANDICRAFT and SERVICE. Each has a purpose to serve, that purpose tells us what the badge stands for and what a person should know when she wears a badge.

Four sign Posts



Bulbul Proficiency Badges

The Bulbul Proficiency Badges are divided into five groups as follows:

Group I: Character: Collector, Entertainer, Gardener, Observer, story teller, Free Being Me.

Group II: Health: Athlete, Cyclist, Swimmer, Team Player

Group III: Handicraft: Artist, Home craft, Needle worker, Toy maker, Book Binder.

Group IV: Service: Cook, First Aider, Guide, House Orderly

Group V: World Conservation: Heritage, Conservation of Technology, Computer Awareness.

Group I: CHARACTER

1. Collector

Make a collection of one group of objects, neatly and systematically arranged, for a period of atleast three months and know something about them. The nature of the collection should be chosen by the Bulbul.



Suggestions are as follows:

Stamps, postmarks, picture postcards, matchbox top, crests, feathers, moths, butterflies, leaves or flowers (for the purpose of the last two photographic or carbon reproductions may be accepted). Minimum number of articles to be collected in a group shall be 25.

Or

Keep a scrap book, dairy of events etc. for a period of at least three months.

2. Entertainer

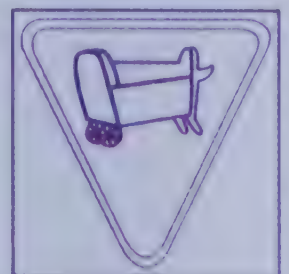
Be able to do any three of the following.
(The time limit 3 to 4 minutes from sl.No. 1 to 4)

1. play simple music correctly on instrument or sing a song of simple music in a correct manner.
2. Be able to take part in the performance of a skit
3. Be able to recite an action song with appropriate action and movement
4. Dress up and play a part in a depicted story or historical event.



3. Gardener:

1. Take care of a plot of ground not less than 1.50 sq. Metre for a minimum period of three months and grow at least three kinds of vegetables or flowers on it.



2. Be able to name not less than four of each of the following in any area or garden.
 - a. Trees or shrubs
 - b. Flowers or vegetables.
 - c. Standing crops or weeds.
3. Be able to use the following tools:
Spade, Fork, Shovel, Rake or equivalent implements.
4. Make a scrap book of not less than six pages of pressed leaves, flowers or vegetable. A minimum of twelve subjects to be shown

4. **Observer:**

- i. Recognise five Indian animals or birds and observe their habits, know the names and appearances of ten flowers/trees/shrubs.
- ii. Know the seasons at which different kinds of fruits and vegetables are available in their locality and when the main crops are harvested.
- iii. Find her way to an unknown spot, not more than 300 meters away by following directions given to her by the Examiner (either compass directions or signs made on the ground or land marks or a combination of these)
- iv. Be able to play a memory game remembering 15 objects out of 20.



5. **Story Teller:**

- I. Tell one story in an effective manner to others.
- II. To know a story out of 'Panchtantra' or 'Jatak Katha' and tell to the flock leader.
- III. To collect a story from the news paper in your regional language and tell to the members of your Six.
- IV. To narrate an incident out of the life history of a historical hero or prophet of your state.



6. Free Being Me:

It is an educational programme engages participants' around the world in exploring ideas about body confidence and beauty that will be effects them as they grow up. It introduces the idea that society promotes the narrow and unrealistic definition of the beauty which help participants to uncover the real story.



1. The Princess list:

In small groups, participants draw a popular princess character and identify the common features to help them recognise the narrow view of beauty that is often promoted in their society.

2. Beauty around the World:

Play an active true or false game.

To learn how different cultures around,

The world and through history have defined beauty.

Example 1: wearing bangles and bindis more beautiful and traditional

Indian ladies were used to wear bangles on both the hands matching to their dress and also bindis on their forehead which adds beauty too.

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3. Free Being Me Gallery: create an alternative gallery of inspiring images that encourage participants to celebrate their unique identity.

- what they are doing
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4. **Real Role Model:**

Participants choose a picture of an inspiring role model who they know in real life, such as a friend or family member. They share their role model with the group in the next session.

5. **Fortune teller:**

create a fortune teller that supports participants to identify what they like about themselves, and speak out about it.

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 - What her star Message was.
 - How she shared it
 - Why she thinks her message is important.



Group II: HEALTH

1. Athlete:

- I. Sprint 45 meters in 10 second.
- II. Jump 0.6 meters (High Jump)
- III. Jump 1.52 meters (long Jump)
- IV. Climb a rope or pole or a palm tree 2.13 meters high
- V. Throw a cricket ball weighting 152 to 163 gms to a distance of 13.65 meters and catch one thrown from a distance of 9.10 meters.
- VI. Balance a plank 13 X15 cm and 0.3m above the ground or walk a distance of 10 meters with the pot on her head.



2. Cyclist:

1. Know how to ride a cycle.
2. Know how to clean and oil the cycle
3. Know how to pump the tube and set the valve
4. / Know the traffic rules of the road.



3. Swimmer:

- I. Be able to swim 25 meters (any stroke)
- II. Be able to float on back for 60 seconds in salt water or 30 seconds in fresh water or tread water for two minutes in salt water or one minute in fresh water.
- III. Swim on back 14 meters
- IV. Be able to "Back duckdive" (i.e dive while standing in water or swimming), or as an alternative, perform, a "honey pot" (i.e jump with arm clasped round Knees) from a board, bank or boat.



4. Team Player:

The Bulbul should be habituated to applause the winners, even though she is on the losing side. Bulbuls are eligible for this badge if they have played games in the sixes and as a Flock obediently, fairly



and unselfishly for a period for a period of three months (12 weekly meetings) and definite record of the date and games must be shown to the District Commissioner and signed by her before the badge is applied for.

- Be able to lead the team.
- Inspire the team members when there is some difficulties.
- Be cooperative & coordinate with the team.
- Have sportive spirit.

Group III: Handicraft:

1. Artist:

- (i) Draw with pencil, brush, pen or crayon original illustration of any incident or character in simple story (size not less than 18 cm x13 cm)
- (ii) Do one of the following:
 - a. Draw from life or memory in pen and ink, or pencil and animal or a human being.
 - b. Draw from nature a landscape or still life group.
 - c. Keep a sketch-book for a period of three months and draw atleast 12 sketches.
 - d. Illustrate a story by means or match stick figures in not less than four pictures.
 - e. Make a simple greeting card using pencil, brush, pen or crayon.
 - f. Make a method of human being or an animal (not less than 20 cm. Height) or wax, soap, clay or cardboard or any other suitable substance



Note: The natural bent of the Bulbul is to be encouraged in every way; the spirit and intention of the work is to count as much as adherence to academic rules.

2. Home craft:

Thread a needle and sew a button.

Carry out any two of the following tests:



- a) Knit or crochet a useful article
- b) Make a piece for knitting, good for a bag, hammock etc
- c) Work a design in cross stitch on canvass
- d) Make a rug or mat on canvass.
- e) Darn a hole in jersey or stocking or mend a tear
- f) Wash and iron scarf
- g) Make a basket and a sweeping broom
- h) Weave a useful article in raffia
- i) Weave the webbing of bed
- j) Make the "Tatties or Chatai" (straw Mat)
- k) Paint a wall or floor (village style)
- l) Make an article of straw, palm, cane, reed or bamboos
- m) Spin 50 mts of yarn with takli or charkha

3. **Needle worker:**

- (i) Be able to embroider her name in cross stitch or any other stitch.
- (ii) Know three of the following stitches; Chain, herringbone, featherstitch, buttonhole, darning, French knot. Some of these may be done as a sample and all should be done large
- (iii) Make a garment for a child or doll and ornament with one of the above stitches. This should be done without help except for the cutting out.



4. **Toy maker:**

Make an article from odds and ends such as fircones, cloth pegs etc. and either a toy of reasonable size such as engine, motor car, doll or animal, or in reasonable correct proportion and colouring composite toy such as farmyard, jungle or animals, cottage with furniture, park with animals.



- (i) Be able to make any three of the following:
 - a. A toy made out of stocking or old material.
 - b. A toy suitable for a small child or a baby or a scrap book well arranged.



- c. A set of dolls furniture (not Pater) or a set of clay birds, animals, fish or insects. Make a doll that flies a kite.
- d. Any other toy chosen by herself.

Note: An article presented for Rajat Pankh test must not be admitted for this badge.

5. **Book Binder:**

Binding of the books is for the safety of the book. It may be an art



1. Prepare the parts of sections for sewing and sew sections on tapes.
2. Fold and paste on end papers, glue up and line with mull round the back and add second lining.
3. Cut boards and cover with cloth or paper and put book into case.

Group IV: Service

1. **Cook:**

- (i) Know the simple fire precautions
- (ii) Be able to lay and light fire in the open
- (iii) Cook rice or chapatti and dal or vegetable or fry or poach an egg.



Or

Prepare kichari or dalia

2. **First Aider**

Know the rules of First Aid

1. Know how to clean up and treat a graze.
2. Be able to dress and put triangular bandage on hand, foot and knee and put on large arm sling and tie head bandage correctly.
3. Know how to stop bleeding from the nose
4. Know how to extinguish fire on clothes and how to treat for minor burns, scalds, choking sting and snake bite.



5. show that she understands the need for summoning adult help.
6. Know the simple treatment for shock.
7. Know simple treatment for sprains, and how to apply wet bandage to a sprained ankle.

3. Guide

- (i) In the village, know the nearest police station or thana, dispensary, hospital, doctor, vaidya or hakim, nearest bus stand, railway station, market, dharamshala or sarai nearest post and telegraph office, rest house and veterinary hospital.

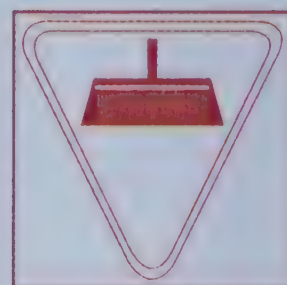


OR

In Town: Know the route to the nearest police station, doctor's residence, chemist's shop, public telephone, Fire Station, bus stand, railway station, petrol station, motor garage, hotel, post, and telegraph office

4. House Orderly:

- (i) Clean and tidy a room
- (ii) Make a bed
- (iii) Wash up crockery and utensils, and clean windows and brass work.
- (iv) Peel potatoes and boil or fry them.
- (v) Prepare tea or coffee or any other hot drink.



Group V: Conservation and Technology:

a. World Conservation :

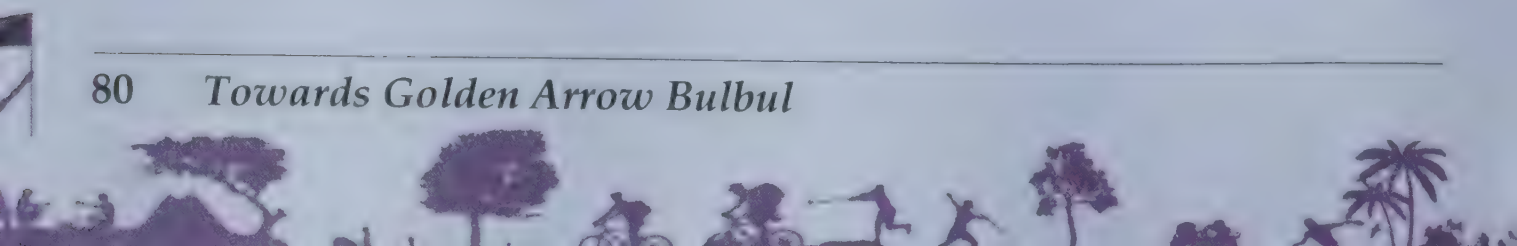
1. Complete any three of the following :
 - (i) Visit a zoo, botanical garden, natural history museum or see a film about wild animals and tell examiner about her observation.



- (ii) Own a pet for atleast three month and look after it.
 - (iii) Take part in litter chase in a public park, a garden school premises or any other public place for three hours utilizing one hour at a time.
 - (iv) Take part in a Flock Expedition involving nature study and make a log of her collections.
 - (v) Make, set up and maintain a bird bath and bird feeder.
 - (vi) Build and put up a den box for birds.
 - (vii) Plant shrubs or grass on area where there is no vegetation, cover and look after it for at least three months.
 - (viii) Make a compost heap in the backyard or garden.
 - (ix) Demonstrate the danger of soil erosion and the preliminary steps which could be taken to prevent it.
2. Should improve her environment by planting a tree, or a small grassy lawn or any other plant our-doors, in a box on a balcony or indoors in flower pots.
 3. Carry out one of the following projects :
 - (i) Keep a scrap book and tell the examiner about any five animals in a zoo, their country of origin, feeding habits and details of special care they needs in the zoo.
 - (ii) Together with a friend arrange for the members of her Flock a nature trail.
 - (iii) Choose a wild animal or a tree, fish or bird, Discover all she can about it and report her discoveries to the examiner.

Note :

- (i) The badge is accompanied by a special certificate signed by the State Chief Commissioner.
- (ii) The badge shall be worn above the line of the right pocket.



2. Heritage:

The Bulbul should understand the basic components of their own local culture:

They may compile their study in the form of an illustrated scrap book.

1. Physical Environment of their locality (famous hills, rivers etc.)

Common Trees

Common plants and their uses

Common birds

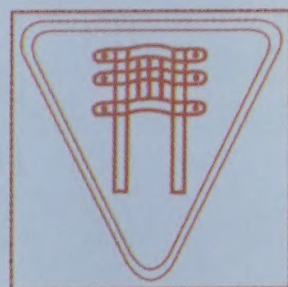
Flora & Fauna of the region

2. She should first know & understand his/her own cultural identity & Heritage-family, tradition, customs etc.

- (a) Scrap Book containing items like a "Family tree" tracing ancestors may be prepared.
 - (b) Participation in local festivals recorded in photographs or description.
 - (c) Traditional songs & dance
 - (d) Food prepared in that culture.
 - (e) Traditional costumes.
- (ii) Arts of the locality Building, Places of worship, Music, Musical Instruments, Dances Puppetry, Food, Costumes then and now.
 - (iii) Practical work
 - Visit to local monuments and museums.
 - Learning a traditional craft of the locality like pottery, rangoli. etc.
 - Enacting stories and local legends.

3. Computer Awareness:

- (i) Have knowledge of Brief History of Computer and its latest development.



- (ii) Acclimatization with computer components & peripherals.
- (iii) The best use of computer in Bulbul activities
- (iv) Knowledge of the commonly used packages
- (v) Perform the following:
 - a) Use DVD/Pendrive and the hard disc in the computer
 - b) Booting and shut down of computer.



Join us

Enjoy the Adventures of Scouting/Guiding

**The Bharat Scouts and Guides
National Youth Complex**

Contact us: nyc@bsgindia.org

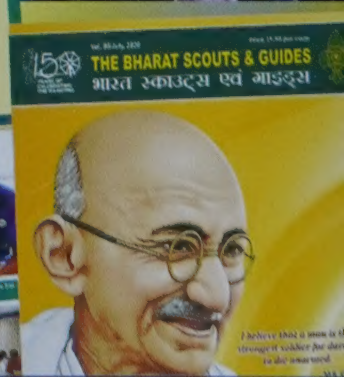
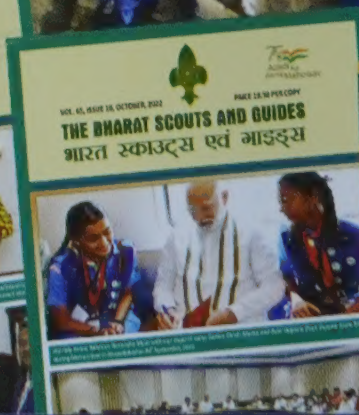
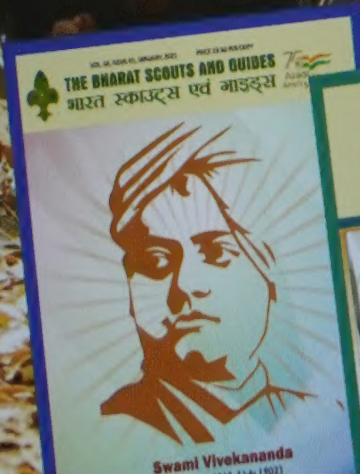
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